

OUR 116TH YEAR

Andover Townsman

AN EAGLE-TRIBUNE COMPANY

Issue No. 36 36 pages, plus 12-page section

MAY 6, 2004

75 CENTS

SANBORN BY STARLIGHT



Taylor Perkins peered through a telescope as fourth-grade students at Sanborn Elementary School enjoyed their first Star Party. The Thursday event tied into the solar system unit some students are studying in their science classes.

Girls-only gridiron? Girl, 14, seeks football league

By Judy Wakefield

Barbie might have Ken, a convertible and her Dream House, but Andover's "Barbie" is looking for something the doll has never had — a football league. An all-girl football league, that is.

98 girls have signed petition

Breanna Perrone, the sole girl on last year's 250-member roster for the Andover Junior Football League — a player known as "football Barbie" — is roaming the halls of Doherty Middle School looking for people to sign her petition to start an all-girls football league. Breanna, also known as "Benny" Perrone, is 14 and an eighth-grader at Doherty.

There are plenty of girls-only youth teams for many sports, she said, except for football. As of Tuesday, 98 girls had signed her petition. She is convinced there's support for girls-only football, even if her older brother does not support it. And she knows there are plenty of other people like him.

Continued on page 4

Detours beginning for locals, South Main Street travelers

Digging 30 feet down, workers may soon be blasting

By Ben Hellman

Blasting has not begun in his neighborhood yet, but South Main Street resident Matthew Strong said his house is already shaking from the deep excavations directly in front of his home.

Police announced last week that Andover's sewer expansion project would close a two-mile stretch of South Main Street (Route 28) on weekdays from approximately 8:30 a.m. until 3:30 p.m. until the last week of October. Police are suggesting drivers from the north take a Salem Street detour to Route 125. The 125 detour returns to South Main Street by way of Gould Road. Residents traveling east and west may use Wildwood and Ballardvale roads at present, but as work crews move northward, different streets will be affected and more residents will probably be inconvenienced, said police.

The \$33 million sewer expansion project — the largest in Andover's history — will give hundreds of residents currently using septic systems the opportunity to connect to sewer.

South Main Street neighborhoods are just beginning to feel



Sewer workers must fill back in the holes they have dug at the end of each day.

the impact that homeowners in other areas of town have experienced during the sewer work. Traffic detours are not affecting all residents within the two mile

stretch yet, but the impact is expected to change as the project progresses.

Resident Diane Costagliola

Continued on page 2

Not a patient, resident gives hospice fortune

Deceased's gift is largest ever

By Judy Wakefield

Andoverite Annette M. Doyle never had hospice care. But when she died, she pledged a good chunk of her estate — about \$400,000 — to Hospice Care Inc. of Stoneham.

Doyle did it because she was impressed by the nurses she saw caring for her good friend's dying mother when she visited the woman.

A check for \$175,000 was recently issued from Doyle's estate to Hospice Care, making it the largest donation in the agency's 25-year history. Doyle, who lived in a condominium at Washington Park on North Main Street, died last year.

"We are elated and surprised as we had not cared for Miss Doyle and it's very rare (to get a donation from a non-patient)," said Carol Keesecker, a marketing development manager at the Stoneham agency which serves 40 communities including Andover. "Not a day goes by that we are not grateful."

But the donation might have been even more of a shock to the Hospice Care workers because the woman Doyle had visited had died back in 1989. Obviously, the nurses made quite an impression.

More money will eventually be donated, according to Rita Martin.

"Not a day goes by that we are not grateful."

CAROL KEESECKER, OF HOSPICE CARE INC., ON THE GIFT FROM ANNETTE DOYLE, WHO HAD NOT EVEN VISITED THE FACILITY SINCE 1989

Martin, who also lives in a Washington Park condo, said it was her mother whom Doyle visited, because Martin's mother was terminally ill and needed hospice care.

For the last nine months of Martin's mother's life, Doyle visited every night and got to know the hospice nurses quite well. Martin and Doyle were longtime friends, and Martin is serving as executor of Doyle's estate.

"She was a generous, caring person," Martin said of Doyle, noting her mother died in 1989.

While the two never-married women shared a hometown, Woburn, they met each other at

Continued on page 4

Clean water action by town

Yearly reports on water, its protection

By Andrea Gregory

Residents might take for granted that clean water will come out of their taps when they turn them on, but that does not mean Andover leaders will.

Selectmen have decided Andover will produce annual reports on the condition of the town's water supply and measures taken to protect it. The decision follows a town battle to close a state salt shed at the intersection of Interstate 93 and Route 495 that Andover's health director fears is leaching salt into Andover's drinking water supply.

The selectmen and Board of Health signed the "Safe Drinking Water Protection Pledge" recognizing this week as drinking water week. The pledge also calls for the annual reports.

"2004 is the 30th anniversary

of the Safe Drinking Water Act, the federal law that protects our nation's drinking water sources including lakes, rivers and aquifers and seeks to ensure Americans will enjoy clean and safe drinking water," said Amy Janovsky, chairwoman of the League of Women Voters Sustainability Committee.

She talked to selectmen on Monday about Andover's water supply — Haggetts Pond — and Fish Brook, which is pumped into the pond. She said it is important to make sure they are both safe for residents.

"On a night like this, we all think we have an unlimited supply of drinking water," she said, noting rainy conditions outside. But water supplies are being threatened. She said she believes the biggest obstacles to main-

Continued on page 4

Index

Arts & Entertainment	16
Business	24
Classified/Real Estate	25
Crossword	17
Editorial	10
Education	7
Letters	11
Obituaries	12
Police Log	2
Sports	21
Townpeople	13
Town Talk	13

INSIDE: Healthy Living section

INSIDE

A rarity: Town sells buildable lot

Page 5

Gay marriage for son makes Mother's Day

Page 6

Decorating the maypole: Beltane, a pagan festival

Page 13

Charity says, 'Get on your trikes and ride'

By Andrea Gregory

Nicholas Juscak clutched his handle bars and took off. Around the curves, his left wheel — a yellow-and-red training wheel — hugged the pavement and kept him balanced. For a 5-year-old, he had pretty good speed and command of his two-wheeler.

Nicholas was one of several children at Bright Horizons preschool last Friday participating in a "trike-a-thon." The event helped teach the children about riding safety and also raised money for childhood cancer research.

Parents collected pledges from people who agreed to donate money if the children could ride their tricycles and

bicycles around cones for 30 minutes. Although the ride took the children in circles, it's destination was to make a substantial contribution to St. Jude Children's Research Hospital in Texas.

The trike-a-thon has been a national event in day-care centers and preschools across the country for 18 years. Bright Horizons has done it for three years now.

Although all of the kids might not completely grasp the purpose behind the trike-a-thon, they know they are helping other kids and seem happy to do so, said Pam Pappalardo, director of Bright Horizons.

"It's because there are kids in

Continued on page 5



Jessica Vaudo and Max Newman peddle, as Bright Horizons of Brickstone Square held its third-annual "trike-a-thon" to raise funds for childhood cancer research.

PHOTO BY TIM JEAN



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Long-running project now on Main Street

SEWER EXPANSION

Continued from page 1

of Belknap Drive, off South Main Street and within the two-mile construction area, said she thinks residents in the affected areas know enough shortcuts to get around the detours. "It's not that bad. They're letting people through. I think it will be harder for people traveling through town," said Costagliola.

Sheila Zappala of Pinecrest Road, also off South Main Street in the construction area, said the work has not disrupted her travel either. "It hasn't bothered me too much. We'll see how it goes later into the summer," said Zappala.

Strong said he is probably the resident most inconvenienced by the project right now. Work crews have dug a trench 27-feet deep directly in front of his 477 South Main St. home. Work vehicles have parked in his front yard and he has not been able to get to his house from either side of the construction.

Strong runs a landscaping business in Andover and North Reading and has to avoid the construction and get his work trailers off his property before road work starts. "It's a nightmare. Especially for my trailers," said Strong.

Strong said he did not receive warning from the town that the street would be closed on weekdays until October. "No one got specific with me," he said.



Residents in the South Main Street area, and commuters, will see changing signs along South Main Street as the project progresses.

Blasting

Another concern for residents along South Main Street is the underground blasting that will be done. Strong was contacted by a firm hired by Baltazar Construction that offered to document his home for cracks before work crews used their explosives. Blasting had not begun as of Monday, said Strong, but he can feel the digging in his home. "My house is shaking," he said.

Strong said he understands the need for the inconvenience. "It's a pain in the butt, but it's in the name of improvement. There's really no way around it," he said.

Getting across town

Local traffic will have ways around the project. Right now drivers could use side streets such as Rattlesnake Hill Road and County Road to avoid the construction, but they will not find much help in the way of detour signs to return to South Main. Those driving such side streets last week or early this week found no signs at any of the intersections.

Department of Public Works Director Jack Petkus said the Route 125 detour is the preferred route, and drivers should not attempt to use the roads to the west of South Main unless

"This is Andover's Big Dig."

SAFETY OFFICER BOB CRONIN



PHOTOS BY TM JEAN

they know them. "Unless you're really familiar with that area, you're going to get really lost," said Petkus.

Safety Officer Bob Cronin said he has not yet gotten the level of complaints he expected from residents. "It's not affecting a lot of local residents yet. As it moves (north), it will affect more," said Cronin.

Cronin said the Route 125 detour is the largest detour he has ever worked with. "This is Andover's 'Big Dig,'" he said. The Merrimack Valley Planning Commission recorded 22,271 cars driving on Main Street south of Route 133, Shawheen Square, every day in 2002. Cronin said there are more cars now.

POLICE LOG

This police log covers Wednesday, April 28 through Tuesday, May 4.

ARRESTS

Saturday, May 1 - At 6:20 p.m., Luis Cintron, 47, of 32 Acton St., Lawrence, was arrested and charged with receiving more than \$250 in stolen property, attaching wrong plates to a vehicle, providing a false name or address to police, driving without a license, driving an uninsured car, a number plate violation and driving an unregistered vehicle. Cintron also had a warrant out for his arrest with 19 individual counts, most driving offenses.

At 11:20 p.m., Daniel Santiago, 44, of 31 Shawheen Road, was arrested and charged with a second offense of driving under the influence of alcohol and with a marked lanes violation.

THEFTS

Saturday, May 1 - At 11:27 a.m., Gold's Gym on Main Street reported a theft from a locker.

At 10:57 p.m., a Bailey Road resident reported that a man claiming to be from Domino's Pizza came to her house earlier in the evening when her 12-year-old daughter was home. The man had a pizza and said he had to be paid for it. The girl gave him \$5 and he left with the money and the pizza.

Sunday, May 2 - At 10:25 p.m., a Dairy Lane resident reported someone stole two solar lights from her front yard and her husband was currently out on foot chasing the suspect.

Monday, May 3 - At 4:35 p.m., an Ellsworth Road resident reported her wallet stolen from her car in the afternoon. She said she knew who took it.

BREAKS

Saturday, May 1 - At 5:09 p.m., a River Road resident reported a screen pushed in and his house burglarized.

INCIDENTS

Thursday, April 29 - At 9:12 a.m., a man was reported hit with a back hoe on Kathleen Drive.

At 1:06 p.m., state police received a report of someone tying a small child to the top of a minivan. Police did not find such a driver.

At 10 p.m., AAA requested help for a man on Main Street who could not get his engine to shut off. He turned off his key and disconnected the battery, but the engine kept running. An officer removed a fuse and it shut down.

Friday, April 30 - At 12:04 p.m., there was a bomb threat written on a boys-bathroom wall at West Middle School. An officer reported everything was all right.

At 11:48 a.m., there was a report of an 18-inch snapper turtle trying to cross the road on Center Street in front of the Horn Bridge. The animal control officer did not find the turtle.

At 12:36 p.m., there was a report of a large turtle on Main Street. The animal control officer did not find the turtle.

At 9:44 p.m. a Lewis Street resident reported his roommates were yelling at each other and he could not go to sleep.

Saturday, May 1 - At 9:33 p.m., a gathering of kids was reported at the end of Marland Street in the woods. The kids ran off and the fire department put out a campfire.

Sunday, May 2 - At 9:04 p.m., an Avery Lane mother reported a pizza man came to her house with a pizza when her daughter was alone babysitting her younger son. The daughter did not order the pizza, but gave the man money and he gave her the pizza.

Continued on page 4

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Irving E. Rogers III

Editor

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Reporters

Andrea Gregory

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Ben Hellman

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Production Team

Annette Bernier

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Mary Ann Apperti

Special Sections

Alan Chitoff

Photographer

Tim Jean

Reception/Classified

Corinne Towler

Advertising Assistant

Joyce Perillo

Account Executives

Pauline Fontaine Carol Glidden

E-mail Addresses

Neil Faternfater@andovertownsman.com

Jack Gradyjack@andovertownsman.com

Display advertisingadsales@andovertownsman.com

Classifiedclassads@andovertownsman.com

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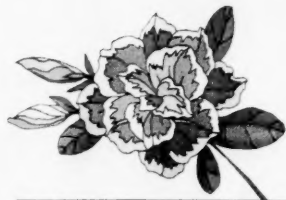
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IN BRIEF

Andover Chamber of Commerce honors Rabbi Robert Goldstein

The Andover Chamber of Commerce will hold its 2004 Annual Community Service Awards ceremony and breakfast on Thursday, June 3, from 7:30 to 9 a.m. at the Indian Ridge Country Club on Lovejoy Road.

Community Service Award winners include high school students from Andover who will be presented college scholarships, and Rabbi Robert Goldstein of

Temple Emanuel of Andover, this year's winner for distinguished community service. Goldstein has lived in Andover since 1990 with his wife, Faith (a teacher at South School), and daughters, Hannah, Sarah and Emma.

According to the event organizers, "Rabbi Goldstein, through his service to his congregation at Temple Emanuel,

his involvement as a Trustee of Lawrence General Hospital, his active membership in the Lawrence Rotary Club and on the Board of the Trauma Intervention Program, among other endeavors, has been of real service to this community. But perhaps his most significant contribution has been his dedication to the teaching of civil respect, and the building of religious toler-

ance and interfaith understanding, achieved both through his work at Merrimack College and within our community. Rabbi Goldstein is a truly special person who makes our community special. He is a most deserving recipient of this award."

The special guest speaker at the breakfast will be Timothy P. Cahill, treasurer and receiver general of the Commonwealth. Cahill will discuss the lottery and other matters.

Breakfast will be served at 7:30 a.m. sharp. Tickets cost \$20 and are available from the Merrimack Valley Chamber of Commerce at 978-686-0900, or at the door.

Quote, unquote . . .

I KNOW SOME PEOPLE just want me to be a cheerleader. **But I want to play.** Cheerleading is not like playing.
— Breanna Perrone, the only girl on last year's 250-player roster for the Andover Junior Football League, who is asking other teens to sign her petition to start an all-girls football league. (Story, page 1)

THERE WERE SO MANY TREES eliminated here. I'm delighted you found an excuse to plant a tree.
— Former School Committee member and self-described tree-hugger Tina Girdwood at a tree planting in her honor at High Plain Elementary and Wood Hill Middle schools in West Andover. (Story, page 13)

PAST AND PRESENT



OLDER PHOTO COURTESY OF ANDOVER HISTORICAL SOCIETY; MODERN-DAY PHOTO BY TIM JEAN
The next time a speeding car makes you wonder if some Andover streets were part of a speedway remember ... some Andover streets were part of a race course back in 1910. Automotive road races starting in Lowell were held around 1910, and Elm Street in Andover was part of the course. The photos above were taken from spots opposite Pine Street.

Service Club has dinner, auction tomorrow, Friday, May 7

The Service Club of Andover will hold its 11th annual fundraising dinner and auction at the Andover Country Club on Friday, May 7 from 6 to 10 p.m. More than 225 members are planning to attend.

Tickets are \$62.50 per person and some tickets are still available by contacting Joanne Heim at 978-975-1193.

Jay McQuaide from WBZ-AM/Radio 1030 will again serve as master of ceremonies for the evening.

A goal of \$60,000 has been set for this year for the silent and live auctions by auction Co-Chairmen Kent Wanzek and Bill D'Innocenzo. Garret Healey will

serve as auctioneer for the evening. All proceeds raised are used to fund the club's mission: "To Make A Difference."

Items for the live auction include a VIP package (and back stage meeting) to the *Tonight Show with Jay Leno*, in Burbank, Calif.; a custom-made suit and accessories from Enzo of Andover; front row seats for the July 4 Eric Clapton concert at the Tweeter Center; a one-week February vacation at Walt Disney World in Orlando, Fla.; a one-week vacation on Lake Winnepesaukee in August; a ski week at the Deep Park Vacation Resort in Lincoln, N.H.; a helmet autographed by the Super

Bowl champion New England Patriots; connoisseur wines; a day of golf, tennis, and dinner at Indian Ridge Country Club for eight people; a weekend stay including golf, lunch, dinner at the Stowehof Inn in Stowe, Vt., and four seats on the 40-yardline for the Nov. 14 game between the Patriots and the Buffalo Bills at Gillette Stadium in Foxboro.

The Service Club of Andover is a group of Andover business people and residents that supports the activities of Andover youth and developmentally disabled persons in the Merrimack Valley. Visit its Web site at www.serviceclubofandover.org for more information.

Andover Bible class on TV show, Zoom

An upcoming episode of *Zoom*, WGBH-TV's kids' show, will feature a "Zoom Into Action" segment highlighting students from an Andover Bible school visiting Seafarer's Friend in Chelsea. The segment will air on May 13 at 5 p.m. on WGBH 2. There were approximately 50 to 60 kids who participated in the program through the Vacation Bible School at the Faith Lutheran Church in Andover, said a *Zoom* spokeswoman. She did not know if any of the children are Andover residents.

Food drive at the mailbox on Saturday

The National Association of Letter Carriers, in conjunction with the US Postal Service, the United Way and AFL-CIO, will be collecting non-perishable food items on Saturday, May 8, for distribution to food banks within the community. People wishing to participate in the food drive are asked to put non-perishable food items near their mailbox for pickup by letter carrier when delivering their mail.

Flags for late veterans

Local veterans groups along with Girl Scouts, Boy Scouts and interested citizens will meet at 11 a.m. on Sunday, May 16 to place some 3,500 flags on the graves of Andover veterans buried in the town's 10 cemeteries. All those interested are asked to meet in the parking lot adjacent to Town Offices for the event, which typically lasts about 90 minutes. For more information, call 978-623-8218.

MOST impressive

On Sunday, May 2, a group of students from Andover High School were among the residents participating in the Walk for Hunger to raise money for Project Bread.

The walkers are part of a new club called M.O.S.T., which stands for Making One Step at a Time. "Our goal is to participate in several walks during the school year to raise money for charities. This was our first walk and our group of 28 students raised \$1809.75 for Project Bread," according to Amy Kasparian. She and Tony Palumbo, both sophomores, organized the group.

News Calendar

Thursday, May 6

Zoning Board, deliberation and regular meeting, Memorial Hall Library, the Hall, third floor, 9 a.m.

Saturday, May 8

Zoning Board, deliberation meeting, Memorial Hall Library, the Hall, third floor, 7 p.m.

Tuesday, May 11

Board of Health, Fish Brook Task Force, Robert McQuade Water Treatment Plant, 397 Lowell St., 7 p.m.

Planning Board, Town Offices, third floor, 7:30 p.m.

Conservation Commission, Doherty Middle School, Memorial Auditorium, 7-45 p.m.

Thursday, May 13

Council on Aging, Andover Senior Center, 36 Bartlett St., 8 a.m.

Monday, May 17

Selectmen, Town Offices, third floor, 6 p.m.

Tuesday, May 18

School Committee, School Administration Building, 7:30 p.m.

Wednesday, May 19

Patriotic Holiday Committee, Town Offices, third floor, 7 p.m.

Tuesday, May 25

Planning Board, Town Offices, third floor, 7:30 p.m.

School Committee, School Administration Building, 7:30 p.m.

Andover Historical Society re-opening on Saturdays for first time since 2001

After a three-year hiatus, the Andover Historical Society will be open again on Saturdays.

Starting this month, its library and research center will be open Saturdays from 10 a.m. until 4 p.m. Tours of the Amos Blanchard House and Barn Museum will be offered from 1 to 4 p.m. The library and archives are available on a drop-in basis on Saturdays; however for best service, patrons are advised to call ahead. Tours are available on a drop-in basis.

Highlighting the return of Saturday service, the Andover Historical Society is pleased to present its new exhibit, *Trails Through Time: From Ancient Roadways to Modern Highways*. *Trails Through Time* explores the development of Andover's roadways and highways from the ancient Native American trails through the construction of Interstate 93 and Route 495. In addition to maps, the exhibit features old road signs that might be familiar to long-time residents. Photographs of Andover scenes and artifacts from the age of stagecoach travel add fun touches to the exhibit, as does a gallery of photographs of local people with their first cars.

For more information about

the Saturday hours, the museum, library or research center and the *Trails Through Time* exhibit, call 978-475-2236; or visit the Andover Historical Society online at www.and-hist.org.

The Andover Historical Society is located at 97 Main St.

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'Football Barbie' wants league of her own



After playing in the Andover Junior Football League last fall as the only girl, Breanna Perrone wants to start a girls-only league. She's started a petition.

■ GIRLS-ONLY FOOTBALL

Continued from page 1

"I know some people just want me to be a cheerleader, but I want to play," said the 83-pounder. "I played boys baseball, but when I got to the majors and was going to be on my brother's team, I switched to softball. But, with football there's nothing for girls who want to play. Cheerleading is not like playing."

Her mother, Deborah Perrone, said the teen is serious about forming a girls-only football league. Her daughter believes Andover girls should have the chance to play.

"I told her instead of getting mad and upset, she should do something about it," said Deborah Perrone, who is a realtor in town. "I also told her good things take time, so she knows this will take some time."

An all-girls football league has never happened in town because there's never been any interest, said Selectmen Ted Teichert, who has been running AJFL for years. He said only two girls have ever gone out for AJFL and Benny is one of them.

"If she gets 100 girls interested, that's great," he said. "But we've never had an influx of girls so we've never done it."

He also said finding field space for another football league would be tough. Fields all around town are used every weeknight and weekend, he said.

"There are some logistics here. Where are they going to play?" he asked.

Benny responded by saying AJFL should share the fields and their league with the girls.

She will not be playing for AJFL this fall because she is too old. The league is for ages 9 to 13. While there is a travel team for eighth-graders, she said she doesn't want to spend a season on the bench. "I want to play," she said.

She plans to hit the fund-raising circuit soon, looking to raise money for equipment and spreading the word about the girls-only football league idea.

"Ninety-eight girls is a lot and I haven't even been to West or Wood Hill (middle schools)," she said. "The interest is there."

"The interest is there."

BREANNA PERRONE, 14



Rita Martin (left) and the late Annette Doyle were friends for decades. When Doyle died, she pledged much of her estate to the hospice that had cared for Martin's mother.

Chemical use discouraged

■ DRINKING WATER

Continued from page 1

taining safe drinking water are pesticides and other chemicals that run off properties and make their way into the town's water supply.

"The more pavement we put over the earth, the less ability the ground has to absorb (chemicals before they run off into drinking water)," she said.

Selectmen needed little encouragement to sign the pledge and dedicate a week to awareness of the cause.

"This is really done in celebration of the good water supply we have and at the same time to make people aware that there are threats to this natural resource," said Health Director Everett Penney.

Penney called Andover's drinking water situation "fragile" compared to towns where the water supply comes from wells.

"Probably the most important thing for people (to understand) is

that your home lawn doesn't need to look like a golf course," said Janovsky.

Janovsky said people should keep in mind the chemicals they use to treat their lawns do not always stay on their lawns and can enter the public water supply.

"If your house is in the watershed, it's going to end up in your drinking water," said Penney.

Maria Bartlett, also a League member, said she "fired" her husband from lawn-care duty three years ago. She has been using organic products ever since, and swears the condition of her lawn is as good, if not better than it was when her husband was using chemicals.

"It doesn't look like a golf course, but it's green and it's thick," said Bartlett.

Bartlett offered alternatives to using chemicals. For instance, she said vinegar is an environmentally friendly alternative to using chemicals to rid walkways or patios of sprouting weeds.

POLICE LOG

■ INCIDENTS

Continued from page 2

Tuesday, May 4 – At 8:12 p.m., state police reported they were checking the area for an older gray Volvo with two older males in it after a man reported a car stopped in Tewksbury to speak to his girlfriend.

AUTO INCIDENTS

Tuesday, May 4 – At 6:44 a.m., a Rocky Hill Road resident reported his car broken into at night.

At 8:25 a.m., a Rocky Hill Road resident reported someone had broken into his car.

ACCIDENTS

Wednesday, April 28 – At 8:56 a.m., there was an accident with injuries reported on Red Spring Road.

Friday, April 30 – At 9:08 a.m., there was an accident on Lowell Street with injuries reported.

VANDALISM

There were two reports of vandalism this week.

COMPILED BY BEN HELLMAN
FROM THE MEDIA LOG AT THE ANDOVER SAFETY CENTER

Lasting impression

■ DONATION

Continued from page 1

their jobs at New England Telephone Company. They worked together for years. Then, they went into business together and operated the former Towne Gift Shop in Shawsheen Plaza. The two women owned and operated the Hallmark shop for 30 years. It closed in 1998.

"She was the nice one, the one who spoke to everyone and was so nice to customers," said Martin, who misses her friend immensely.

They were next-door neighbors in Washington Park, when Doyle died peacefully of respiratory failure on Feb. 4, 2003.

She was 85.

Doyle, who lived on Blue-

berry Circle in Andover before moving to her condo, long will be remembered for her generosity. Keesecker said Doyle's gift is "unrestricted," meaning the agency can use it however it sees fit. About 25 percent of the money has already been earmarked for staff development for agency workers who deal with Alzheimer's patients. The number of those patients is skyrocketing, so staff development is crucial, Keesecker said.

Martin said Doyle's estate will be giving even more money to the agency, which so far has helped more than 13,000 patients since it opened in 1979. Martin said a total of about \$400,000 of Doyle's estate will be donated to the hospice agency.

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In rare move, town sells buildable lot

Officials say they did not have use for Lowell Junction Road one-acre site

By Andrea Gregory

For what might be the first time in 20 years, town officials agreed to sell a buildable parcel of town-owned land.

Selectmen unanimously agreed Monday to sell 41 Lowell Junction Road to William Ferris for \$331,400. There was little talk among the selectmen as to the fate of the .92-acre property, which is currently assessed for \$112,700. Ferris plans to move his landscaping business to the site.

A 2003 Town Meeting vote allowed the selectmen to sell the property to the highest bidder.

According to Town Accountant Rod Smith, it is unusual for the town to sell undeveloped land. "I've been here 20 years, and I don't recall it happening," said Smith, adding, "This is actually a buildable lot. It's a rare event."

The town acquired the land through unpaid taxes in 1997. Town Manager Buzz Stapeczynski said the property had been offered to conservation officials, but they were not interested.

He said four bidders were willing to buy the industrial zoned site.

Conservation Administrator Jim Greer

did not return phone calls.

Conservation Commissioner Howard Kassler did not remember specific details about the property, but said the money the town is earning from the deal might be more useful than merely keeping the vacant land as open space.

"If it could serve no reasonable conservation or recreation use and the money could be better used, that's the probable (explanation)," he said. "I can't think of any other reason."

"The money was certainly a factor, but it was more that they didn't have a use for it," said Selectman John Hess. "The Conservation Commission didn't feel it was appropriate for their use."

Selectmen say the money will be reflected in the town's "free cash" account. Selectmen Chairman Brian Major mentioned possibly shifting the proceeds into a stabilization fund at next year's Town Meeting. For the town to put money in or take money out of a stabilization fund, a Town Meeting vote is required.

Ferris and his wife, Leslie, plan to move their 20-year-old landscaping business to 41 Lowell Junction Road. The two own Vale

Landscaping. Currently they are renting 4,000 square feet of inside and outside space on Gradall Lane, off Essex Street.

Ferris said he has been looking to own property he and his wife could use as a permanent spot for their business. He said staying in Andover was important to them. The rented location for Vale Landscaping is ideal, but the chances of owning the site seemed slim, said Ferris.

Ferris said he wanted to place a realistic bid and consulted with commercial real estate experts before placing his bid.

"They said it would take around what I (bid)," he said. "I did a lot of homework before I went there."

He said the new site he and his wife will soon own will give them a lot more space. Ferris has not given much thought to the size of the building he would like for his company, but will file for permits and hopes to have the building up in a few years.

"You walk before you run," said Ferris. "Our plan is to move. Our first plan is to actually own the property."

Stapeczynski said he expects the transaction with Ferris to be finalized in about a month.

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by Richard D. Hopgood, D.M.D., F.A.G.D.



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You can throw one more myth about older adults into the wastebasket. According to the first state-by-state analysis of "tooth retention" conducted by the U.S. Centers for Disease Control, more than half the adults in 26 states still had most (meaning that they had not lost more than five teeth) of their natural teeth. This finding reflects a longstanding trend toward better oral care. In the 1950's, more than half of adults aged 65 and older had lost all their teeth. Currently, only one-third have lost all their natural teeth. The rates of complete loss are expected to decline much further, as younger people, who have much lower rates of dental cavities and tooth extraction, grow into the adult population.

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Spinning their wheels for charity, fun



Tyler Donofrio had fun participating in Bright Horizons' third annual trike-a-thon to raise funds for St. Jude Children's Research Hospital.

■ TRIKE-A-THON

Continued from page 1

the hospital who are sick and we want to raise money for them," said Nicholas about the reason he was riding, while taking a short curb-side break.

For the kids at Bright Horizons, the sunny day was the perfect atmosphere for a ride. Many of the kids squinted their eyes as they rode toward the sun, their helmets pulled low and newly learned bike safety tips fresh in their minds.

According to Pappalardo, kids at the child-care center between the ages 2 and 5 spent a week preparing for the charity event by learning safety tips such as: always wear a helmet. But the big event was on Friday morning when the kids put the safety tips to use and worked to raise money for St. Jude Children's Research Hospital.

Pappalardo said the children's parents helped the kids to get pledges, much as parents might if they were doing the Walk for Hunger or another event. She said the center has raised about \$1,600 in the previous years. She said the totals for this year had not been calculated, but she believed the center would be able to contribute another sizable donation thanks to the little, pedaling feet.

Teachers' cars were used to block off the entrances to Bright Horizons' front parking lot. The kids were divided in to three groups by age and given a half hour of continuous riding time.

"They count the first few laps and then they stop. They're young," said Pappalardo.

The first two groups of tots rode mostly tricycles. They rang their bells and tooted the horns attached to their handle bars. Every now and then, they needed a little reminder to keep heading in a counter-clockwise direction.

Darya Lee, 3, pulled her red tricycle off to the side and counted on her fingers how many laps she had completed. "One. Two. Three," she said holding up her fingers to show Pappalardo. Then she was off to join her friends.

Pappalardo said events like this help to make bike safety fun and instill routines the children will remember in the future.

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Peggy Leary spends Mother's Day, and other holidays, with her son, Bill, and his partner Bob Stabile. Bill Leary and Stabile plan to be married after May 17, when gay marriage becomes legal.

A mother's wish:

Her son's happiness

She'll witness his gay marriage

By Ben Hellman

Every mother wants her children to be happy, said Peggy Leary. Her wishes for son Bill were never any different. When he told her he was gay, her desires for him did not change, she said.

Leary will spend Mother's Day with her son and his partner of 13 years, Bob Stabile. She has long considered them in her heart to be married, but on Monday, May 17 marriage licenses will be issued to same-sex couples in Massachusetts. Leary's son and his partner plan to get married soon afterward.

"As far as I'm concerned they're a couple," said Leary. "I'm just glad for them. They want to make legal and I'm happy for that. Everyone's entitled to happiness in life." Leary's three other children are already married, but she never thought she would see her son officially married. When Bill Leary and Stabile first moved in together, Peggy Leary gave them a gift of cash to buy furniture because she thought she would never have the chance to give them a wedding present.

Leary said she was surprised

when her son told her he was gay, but it did not change her love for him. "I hurt for him because he had a secret he had to keep for so long. My heart ached for him," she said.

Leary worried about bigotry and hatred her son might face because he is gay. "You can't change people's minds. You like to think you can, but you can't. If everyone respected each other, you wouldn't have most of the problems in the world," she said. Leary said she soon realized that people who took the time to know her son would never have a problem with him. "To know him is to love him," said Leary.

Leary already considers Stabile to be her son-in-law. "He's part of the family," she said. She spends Mother's Days and other holidays with her son and Stabile. The two men's families are close and Bill is a favorite uncle for many of Leary's nine grandchildren, she said.

Peggy Leary has lived on Cardinal Lane for 32 years. Bill Leary employs his mother and two sisters as receptionists at his North Main Street business, William Roberts Color Group and Salon.

PFLAG chapter begins regular meetings

Widespread discussion of same-gender marriage is a recent trend, but Andover residents are forming the latest chapter of an organization that has been active for decades. PFLAG (Parents, Families and Friends of Lesbians and Gays) "provides emotional support to families and friends, educates groups in schools and civic organizations, and advocates for tolerance in the public arena," according to a release from Ralph Galen, co-facilitator of the local chapter. The speakers outreach program has succeeded in dramatically lowering the incidence of homophobic violence and harassment in schools, he reported.

On March 12, Gretchen Frasier, president of the Greater

Boston PFLAG, spoke to interested Andover residents on what PFLAG is about and how to start a chapter.

Then, on April 12, a dozen people met in the first PFLAG Andover organizational meeting. It was decided to continue meeting at 7:30 p.m. on the second Monday of each month at the Unitarian Universalist Congregation in Andover.

The next meeting takes place on Monday, May 10, at 7:30 p.m. at the UU Congregation, 6 Locke St., Andover. All are welcome, according to Galen.

Interested people with questions can call Bob Zimmerman at 978-470-4808 or Ralph Galen, co-facilitator, at 978-475-4454.

'MINI-REDISTRICTING' AT HIGH PLAIN ELEMENTARY

Vote will not affect any current homes

By Ben Hellman

Nervous High Plain Elementary School parents sought reassurance Tuesday night that their children will not be affected by a mini-redistricting plan to remove two future housing developments from the school district.

The proposal will not affect current homeowners, said school leaders at Tuesday's School Committee meeting. The committee will vote on the matter at its next meeting.

High Plain Elementary School has been dogged by high enrollments since it opened in September 2002. The school was over capacity by the time its second school year began in September 2003.

This year, parents have been

divided over whether the school should send some students to another Andover school that has a lower student enrollment. A team of parents who studied enrollments in the fall suggested no students be sent to another school, but other parents disagreed.

The new proposal identifies Greenwood Road from North Street to High Plain Road as the area that would be redistricted, but anyone currently living in the area will be allowed to send existing and future children to High Plain Elementary, said Schools Business Manager Bernie Tuttle, who proposed the plan. School-bus riders from this area will continue to receive transportation to and from school.

Greenwood Meadows and Murray Hill estates, developments that will add 25 new single-family houses, will become part of the West Elementary School district when the homes are built. Construction has begun only at Greenwood Meadows. Zamboni Terrace was originally part of the proposal, but is no longer, said Tuttle.

Parents who gathered were angry that High Plain Elementary School Principal Brenda O'Brien was not given enough warning to send notices home with students that such a plan was being discussed. No parent voiced opposition to the plan when the details were explained, but some voiced consternation at the continual threat of being redistricted.

Pressed to make some promise to the parents, School Committee chairman Anthony James, said, "Unless something extraordinary happens, of course you will go to High Plain next year."

Parent Jane Elliott of Dairy Lane, off Greenwood Road, did not learn the matter was under consideration until Tuesday morning, through an e-mail. "I am fit to be tied that we weren't notified," said Elliott.

"Perhaps I should go to a private school so I know where my child is going to go to school from year to year," said Debbie Christopher of Suffolk Circle, off North Street. Christopher said the issue was so divisive that some parents have avoided attending school social events.

STATE ELECTION RACES

Republicans field challengers for all 3 incumbent Andover legislators

Rep. hopefuls Marasco, Eldracher see gay marriage as key issue

By Andrea Gregory

Republican candidates are eyeing local Democratic seats in the Statehouse and confidently referring to themselves as Andover's next elected leaders.

Maria Marasco kicked off her campaign for state representative of the 18th Essex district with a party at Joe Fish on Thursday night. She will compete with fellow Andover resident and incumbent State Rep. Barbara L'Italien for the post.

A group of supporters packed into the lower level of the restaurant. They applauded several parts of Marasco's speech.

"With my experience and my commitment I can serve you best as state rep.," Marasco told her attendants. "It's time for a positive change."

With campaign posters behind her, she introduced her position on a few issues, emphasizing the differences between her views and those of L'Italien.

Marasco said she believes in defining marriage as between one man and one woman. L'Italien has expressed views in support of gay marriage and helped to vote down a bill that would ban gay marriage.

Marasco also said she is opposed to the importation of drugs from Canada, while L'Italien has passionately supported it. "I look at the safety," said Marasco.

Marasco said pharmaceutical companies should be asked to "pony-up" when it comes to the growing cost of prescription drugs.

Selectmen

Chairman

Brian Major

showed up to

support Marasco's

mission to become an

Andover

leader.

"She is a

hard worker.

She just has a

go-get-'em

personality,"

said Major.

Among those who

applauded

Marasco's speech

and were

seen mingling in

the crowd

were state house

hopefuls Erik

Eldracher, of

Tewksbury, who

plans on

challenging State

Rep. Barry

Finegold, and

Deborah

Jones, of Elm

Street, who is

gearing up to

challenge state

Sen. Sue Tucker

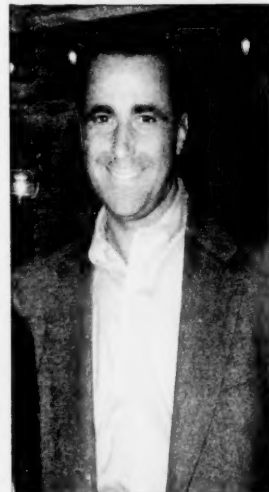
for her seat.

But all the

Republican chal-



Maria Marasco addressed supporters last Thursday night at a kick-off party at Joe Fish in North Andover.



Erik Eldracher will try to unseat State Rep. Barry Finegold.

issue of gay marriage is a vote that should go to the people.

"If it's a discussion about benefits, I'm happy to have that discussion," said Marasco.

Eldracher said the amendment that was approved by the legislature sounds conflicting and will not please some voters. He said it is a difficult decision for people who do not think there should be any civil unions, but want to vote in favor of defining marriage as between one man and one woman. People who think civil unions is an acceptable solution for homosexual couples might also be hesitant to vote against the amendment, he said.

Eldracher said he believed providing equal health benefits could be addressed by tackling laws currently on the books.

He is not planning a long career in politics. He said that he is opposed to the idea of career politicians. If elected, he said he will not stay in office more than three

terms, or six years.

"Certainly, you don't belong in this position more than six years. That's my own personal opinion," said Eldracher, noting Finegold has held the seat for eight years. "If I bring anything to the Statehouse, it's going to be public service, as opposed to self-service."

Jones declined the opportunity to talk about her views and her campaign at this time.

lenges are part of a bigger picture for Massachusetts politics: gaining more legislative support for Gov. Mitt Romney's messages.

Romney

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Statewide, 130

Republicans are

running in this

election.

According to

Eldracher, who

was among the

first 100 people,

Republicans

winning 32 seats

in the House or

seven more seats

in the Senate

could arm Rom-

ney with the

ability to sustain

a veto. Eldracher

said the parties

are currently

out of balance,

with Democrats holding a super majority. He said if the GOP can pick up their numbers, it would give Beacon Hill a greater sense of balance.

"Right now

(Speaker of the

House) Tom

Finneran just

has to say, 'No,'

and that's the

end of story,"

said Eldracher.

"We've got to

bring balance

back to the gov-

ernment. The

debate starts

with the governor

having the

veto."

Marasco and

Eldracher both

acknowledge the

coming election

might hinge on

the debate

over gay marriage

and the

actions of current

elected officials

during the

constitutional

convention.

Eldracher agrees

with Marasco's

position of

defining

marriage as

between one

man and one

woman, but

said the

"It's time for a positive change."

MARIA MARASCO,
WHO HOPES TO DEFEAT
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Education

ON CAMPUS

Katharine Buckley, daughter of Gary and Susan Buckley of Andover, is currently a junior history major at the College of the Holy Cross in Worcester.



As part of the Washington Semester Program offered by Holy Cross, Buckley obtained an internship at the NBC Washington bureau, where she worked for *Meet the Press*.

Hosted by Tim Russert, *Meet the Press* is the longest running program on network television, Buckley said, and is also the highest rated Sunday political talk show.

During her internship, Buckley was responsible for research, office work, and greeting guest and audience members. She had the opportunity to meet such political figures as Vice President Dick Cheney, Defense Secretary Donald Rumsfeld, General Wesley Clark, former Secretary of State Madeline Albright, and Senators Dick Lugar, Joseph Biden, Chuck Hagel, John Rockefeller and Zell Miller.

Gabe Adams, a sophomore at Rutgers University in New Brunswick, N.J., was named to the dean's list for the fall semester. Adams plays on the men's Division I tennis team.

He is the son of Anita and Ken Adams of Andover.

Connecticut College reports that freshman **Julia Kwolyk** made the dean's honor list for the fall semester.

Kwolyk is an Andover High graduate, class of 2003.

Molly Hauptman, daughter of Mr. and Mrs. Cliff Hauptman of Andover, was named to the dean's list at Brandeis University for academic achievement, in fall semester 2003. Dean's list honors are awarded to students who have earned a grade-point average of 3.5 or above.

Recently, Civil Air Patrol's Essex County Composite Squadron held its annual banquet at which Cadet Staff Sergeant **Michael Naughton** received two awards.

The first award was presented by American Legion Post 8, represented by Richard Guilmette. Naughton received this award for excellence in performance as a cadet and a member of the



Michael Naughton

Continued on page 8

Loschi in limbo

Still no decision on AHS varsity soccer coach

By Ben Hellman

ANDOVER HIGH SCHOOL varsity soccer coach Dick Loschi said he still does not know why he was told not to reapply for a position he has held for 18 years. Responding to one parent's criticism, Loschi said he may have a history of being gruff, but he has always tried to push his girls to success.

Loschi was discouraged from reapplying as the girls varsity soccer coach in December 2003 after completing the season. A disagreement between the Andover teachers union and administrators over a new evaluation process that was used to judge Loschi's performance last fall has complicated the decision-making process. Six months after the December meeting, no final decision has been made.

School administrators refuse to discuss Loschi's situation, and he has not spoken out of respect for his union's grievance process. Loschi said remaining silent through the process has been difficult. In the meantime, he has had to worry about what people might imagine he did to be asked not to return. Loschi said he has never had inappropriate contact or dealings with any of his players, nor have any charges been made against him.

But Loschi has not gone without any criticism. In 2003, parent Bernice Fairburn wrote a letter of complaint regarding an incident with Loschi to Athletic Director Jim Hurley, AHS Principal Peter Anderson and Superintendent Claudia Bach.

Fairburn said Loschi lost his temper and yelled at her in front of students and parents after a softball game her daughter played in. Loschi was angry because during the game some Andover players heckled their own pitcher from the bench. Loschi identified Fairburn's daughter as a heckler, a charge Fairburn said Loschi later apologized to her daughter for.

After the game, Fairburn said her daughter wanted to go home with her and when Fairburn asked the coach if she could drive her daughter home, Loschi yelled at her, saying he did not consider her daughter part of the team. Fairburn said she still remembers parents and players staring at them during the incident. "I can't even tell you how embarrassing the situation was," said Fairburn. "I just remember wanting to crawl in a hole."

Loschi responded with a letter of apology to Fairburn two months later saying his outburst was inappropriate. Loschi wrote that he did not agree with the words Fairburn attributed to him.

Fairburn said during the season she witnessed Loschi screaming at the girls and

believed he was too intimidating to many of them. Her daughter did not continue in sports after the incident.

Loschi said he should not have acted as he did. "That was a mistake on my part. I didn't handle it entirely the way I should have," said Loschi. He said he thought the matter would be settled through his letter of apology.

Responding to criticism that he is too rough in the way he speaks with players, Loschi said every coach needs to push players. "Am I old-styled and a little gruff sometimes? Maybe. There are players who need more push than others. Some people never need to be given extra drive. At no time is there ever a put down. I'm trying to get them to do better," said Loschi.

Many supporters have also come out to speak up for Loschi. Andover Youth Services director Bill Fahey said

Loschi has been unfairly singled out. Loschi has helped out at youth service auctions and gotten his girls to volunteer. "I really like who he is. He walks his walk and talks his talk," said Fahey. "I've never heard anything bad about the man."

Loschi said he is determined to fight to get back his job. Loschi has filed a complaint through the teachers union which may



Dick Loschi

"I really like who he is. He walks his walk and talks his talk. I've never heard anything bad about the man."

ANDOVER YOUTH SERVICES DIRECTOR BILL FAHEY

Teachers union president Tom Meyers said a grievance process typically begins with the principal of the school involved and ends with the superintendent. In some cases, the School Committee might hear the grievance, even though, the matter rests with the administrators legally, said Meyers.

The School Committee turned down a request to meet with Loschi, said member Christopher Smith.

Smith said the committee has no jurisdiction over the matter.

Smith said he and fellow member Art Barber might have had to recuse themselves from such a process because Smith and Barber both have daughters at Andover High School.

EMILY ELIZABETH GOES TO SCHOOL



Emily Elizabeth Bridwell reads "Clifford" to first-grade students last Wednesday at Sanborn Elementary School. She spoke with the children about how her father came up with the famous story.

Loschi nets support in bid to keep position

By Ben Hellman

SUPPORTERS OF Andover High School coach Dick Loschi appealed to the School Committee on his behalf Tuesday night. Committee Chairman Tony James warned the group not to make personal attacks and gave them 30 minutes to address the committee.

Loschi, an 18-year girls varsity soccer coach, was discouraged by the athletic directors from reapplying for the position next fall. The administration and Andover teachers union have

argued the decision, which has put Loschi and the position in limbo until one side relents or a third-party arbiter is hired to make a decision.

Parents, coaches and players filled many seats in the committee meeting room and took turns lauding Loschi's record and love of soccer and the players. The committee let each person

speak, but never responded. James told the group that, legally, the decision to hire or rehire a coach is in the hands of the superintendent. Superintendent Claudia Bach was absent from the meeting, having suffered recently from back and neck pain.

Harold Lee of Farrwood Drive said his daughter played under Loschi from 1992 to 1995 and was always supported by Loschi. "I know this man to be a good man," said Lee. Lee asked the committee what this action was teaching students.

Kathy Pallotta of Chippy Lane said Loschi was always approachable. "You feel like you can talk to him at any time," she said. Pallotta said her daughter could always go to Loschi

when there was a problem. She said he was supportive when there was a death in the family.

Paul Bellaqua of Maple Avenue is a soccer coach for Haverhill High School and a supporter of Loschi. Coaches from Billerica and North Andover also attended the meeting. Loschi helped create the Eastern Mass. Coaches Association and serves as their current treasurer. "He's the voice of reason in the group. He's a leader," said Bellaqua.

"Nobody stands to gain more from (Loschi leaving) than me," said Tom Severo, girls varsity coach from Billerica High School, who has been handed

many defeats by Loschi over the years.

"They have broken my heart so many times," he said. "My players have always measured themselves against Andover players. I've always measured myself against Dick."

Severo said Loschi never lets his players quit and always demands the highest level of sportsmanship. Loschi always shakes all of Severo's players' hands at the end of games, he said.

When Andover has won, Loschi has been supportive of Billerica players and, when Andover has lost, Loschi has been gracious, said Severo.

REUNIONS

Punchard High class of 1954

Punchard High School class of 1954 is planning its 50th reunion Saturday, June 19 at Jackson's Restaurant, Route 110, Methuen. The event will begin at 6 p.m. and end at 11 p.m. A class photo will be taken at 6:30 p.m. Cost per person is \$50.

For reservations and additional information, contact Joyce A. (Williams) Kater at 978-681-9932, or Judy (Colmer) Avery at jjaveryma@msn.com.

AHS class of 1964

Andover High School class of 1964 is planning its 40th reunion, Saturday, Sept. 18 at Old Town Hall. Cocktail hour from 6:30 to 7:30 will be followed by a buffet dinner and dancing. Tickets are \$40 per person. For more information, contact Jim and Debbie (Dearborn) Brent at 978-475-7650, Mary Jane (Walton) Bausermer at 978-470-0620, or Joan McGilvray at joanmcgilv@aol.com

SECURITY BLANKET



Andover School of Montessori students made blankets for Project Linus, to provide a sense of security, warmth and comfort to children who are seriously ill, traumatized or otherwise in need. The gifts of new, homemade, washable blankets were created by volunteer "blanketeers," including Gregory Kobelski of Andover, who is shown mastering the Singer and stitching away his blanket for Project Linus.

PHOTO BY SUSAN CURRIE

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ON CAMPUS

■ MICHAEL NAUGHTON

Continued from page 7

community.

Naughton also received the squadron award Cadet of Distinction for 2003.

A member of the squadron for only a little over a year, Naughton is already a flight sergeant. As a flight sergeant, Naughton's duties are to instruct the new cadets in drill and ceremonies, and customs and courtesies.

Naughton was chosen Honor Cadet at the 2003 Summer Encampment held at Otis Air Force Base, Cape Cod.

Naughton received the honor of Cadet of the Quarter at the squadron, an award which the cadet commander selects the recipient for his outstanding performance.

Naughton always finds time to participate in many squadron activities aside from his weekly meeting while attending Phillips Academy as a freshman.

David M. Fielding, class of 2007, has achieved academic recognition as a dean's list student for the fall semester at Norwich University in Vermont. As a freshman cadet in the Air Force ROTC, this demonstrates his commitment to hard work and sacrifice in



David M. Fielding

pursuit of academic success. Fielding is a member of an elite group of Eagle Scouts. He is the son of David and Nancy Fielding of Andover.

Scott Hitchko of 9 College Circle has been named a 2003 New England Scholar. He was selected based on a semester grade-point average of at least a 3.5 for the spring and fall semesters during the 2003 calendar year.

He was invited to the University of Connecticut's 11th annual Scholars Day ceremony recognizing the academic accomplishments of distinguished undergraduate students.

He is the son of Louise and Michael Hitchko.

Matthew Mancinelli has made the dean's list for the fall semester 2003 at Penn State University. He is a sophomore communications major concentrating in film and video. He is a graduate of Andover High class of 2002.

His parents are Michael and Diana Mancinelli of Coventry Lane.

Berklee College of Music announced that Michael Beliveau of Andover has earned placement on the dean's list for the fall semester of the 2003-04 academic year.

To be eligible for this honor, a full-time student must achieve a grade-point average of 3.4 or above.

Two students from Andover, Louis Iulucci of 3 Pendant

Court and Jeremy Spiegel of 30 Michael Way, have been named to the dean's list of the University of Rhode Island for achieving a high academic standard in the 2003 fall semester.

Eligibility for the dean's list requires a student to carry 12 or more credits in a particular semester and achieve a 3.3 quality-point average, based on the letter grades received during the term.

Christine Ha, of Andover, was one of 80 Boston University students to pledge their commitment to a life of teaching at the School of Education's Junior Pinning Ceremony. Sponsored by the school's



Christine Ha

alumni board, the ceremony signifies the beginning of her career in the classroom.

Ha recited the "Educator's Affirmation," dedicating her life to the ideals of the teaching profession, in front of family, friends and fellow educators at the recent ceremony.

Ha is a junior at Boston University, majoring in elementary and special education at the School of Education. A 2001 graduate of Andover High School, she is the daughter of Sangyul and Eunsoon Ha.

Andover students were named to the dean's list at Middlesex Community College. Students carrying 12 credit hours or more, who earn a 3.2 grade-point average or higher in any semester, are acknowledged by inclusion on the dean's list, which is posted each semester.

Students from Andover are: Rama Brown, Brian Daley, Robert P. Delia, Dan S. Karahalios, Abdul A. Lohar, Anthony Pellegrino, Rose Titus, Dahui Wang and Kim Zunino.

Emily Gentile of Andover, performed onstage with the Jazz Ensembles of Mount Holyoke College on March 26 in New York City's Chelsea Market. It was the New York debut for the ensembles, now celebrating their fifth anniversary.

Before enrolling at Mount Holyoke, Gentile attended Andover High School. She is

the daughter of Jo-Dee and Ralph Gentile of Andover.

The Jazz Ensembles of Mount Holyoke, which include the Big Band, the Vocal Jazz Ensemble, and the Chamber Jazz Ensemble, perform classical and contemporary music spanning pop, fusion, and Dixieland, and vocal arrangements from Ella Fitzgerald to the New York Voices.

Mount Holyoke's is one of the few women's collegiate jazz programs in the country, a spokesperson said.

Jennifer Kane, a senior in the College of Arts and Sciences at American University majoring in psychology, was named to the fall 2003 dean's list. Kane is a resident of Andover.

To earn dean's list ranking at American, which is located in Washington, D.C., a student must obtain a 3.5 grade-point average or better on their semester courses.

The University of Michigan awarded the distinction of university honors to Mary Claire Olsheskie to recognize her academic achievement for the fall term. A 2003 graduate of Andover High School, Olsheskie is an Undergraduate Research Opportunity Program scholar. She pledged Kappa Kappa Gamma sorority and participates in the Bookmark Program, visiting local elementary



One hundred and twenty nurses, all graduates of Northern Essex Community College, gathered at DiBurro's in Ward Hill for a reunion on March 25. The group included those who had graduated from the college's first nursing class in 1970 as well as nurses who had graduated as recently as last June. The guest speaker was Margaret "Peg" Fitzgerald, a 1970 graduate of the college who is now a national speaker on nursing and health-care issues. The event raised \$500 for a scholarship to be presented to a nursing student in the fall. From left in the photo are Deborah Gagnon, '96; Margaret Fitzgerald, '70, guest speaker; and Susan Hass, '94, all of Andover.

schools to help young students develop their reading skills.

She is the daughter of Mark and Lisa Olsheskie of 3 Bedford Place.

In Oneonta, N.Y., Hartwick College freshman Andrew W. Iannazzi, of Andover, son of William and Victoria Iannazzi, participated in Hartwick's January Term Off-Campus Program

in Prague.

Iannazzi is majoring in art.

Allison W. Caffrey, a Dartmouth College student in the class of 2006 from Andover, studies Spanish in Puebla during the spring 2004 term as part of the college's Language Study Abroad Program.

Caffrey is the daughter of Andrew and Elise Caffrey.

SCHOOL LUNCH MENUS

Here's what's for lunch in the Andover public schools next week, May 10-14:

Elementary schools

Monday: Barbecued ribs over rice, baked chicken nuggets, nachos with taco meat and cheese, fruit, veggie and milk.

Tuesday: Chocolate chip pancakes, spaghetti and meatballs, roll, pizza stick with pretzel, fruit, veggie and milk.

Wednesday: Corn dog with fries, salad bar, fudgesicle, mozzarella sticks with puffs, green beans, fruit and milk.

Thursday: Fish-and-chips, french toast and ham sticks, baked chicken nuggets, fruit, veggie, yellow cake and milk.

Friday: Chicken McSchool with fries, hot dog with beans, pizza, fruit, veggie and milk.

Doherty Middle School

Monday: Steak and cheese sub, stuffed crust pizza, baked chicken nuggets, fruit, veggie and milk.

Tuesday: Spaghetti and meatballs, two hot dogs with chips, mozzarella sticks with fries, fruit, veggie and milk.

Wednesday: Barbecued chicken with potato,

bakery pizza, nachos with taco meat and cheese, fruit, veggie, yellow cake and milk.

Thursday: Cheeseburger with fries, top your own tacos, corn dog with fries, fruit, veggie and milk.

Friday: Chicken fajitas with rice, stuffed crust pizza, baked chicken nuggets, fruit, veggie and milk.

Secondary schools

Monday: Baked macaroni and cheese, chicken, broccoli and ziti, stuffed crust pizza, fruit, veggie and milk.

Tuesday: Cheeseburger with chips, stuffed shells/lasagna, bakery pizza, fruit, veggie and milk.

Wednesday: Pork chops with potato, meatball sub with chips, stuffed crust pizza, fruit, yellow cake, veggie and milk.

Thursday: Beef-filled raviolis, top your own tacos, bakery pizza, fruit, veggie and milk.

Friday: Barbecued pork sandwich with fries, spaghetti and meatballs, stuffed crust pizza, fruit, veggie and milk.

For prices or other information about lunches, call Karen Pappa, food services director, at 978-623-8622.

LOCAL SCHOLARS

The following Andover residents have earned academic honors at Phillips Exeter in Exeter, N.H. for the winter term.

High honors: Alexander U. Marsh, 12th grade; and Mairead S. Small Staid, 10th grade.

Honors: Tim Redmond, 12th grade; Julia E. Nizinski, 12th grade; Dan Pappalardo, 11th grade; and Lauren W. Marsh, 10th grade.

Ania Krzywicki and Nick Caro of Andover, sophomores at Governor Dummer Academy in Byfield, both recently received scores designated as Maxima Cum Laude and were named Silver Medalists on the Level II National Latin Exam.

Samuel Adams, also of Andover and a junior at GDA, received a score designated as Cum Laude on the Level IV Poetry National Latin Exam.

Andrew Samel, a senior at GDA from Andover, received a score designated as Magna Cum Laude on the Level V National Latin Exam.

Joseph Cartolano, a freshman at GDA from Andover, received a score designated as Magna Cum Laude on the Level I National Latin Exam.

Christopher (Toby) Childs, a fifth form student at Kent School in Kent, Conn., was named to the honor roll for the winter 2004 semester.

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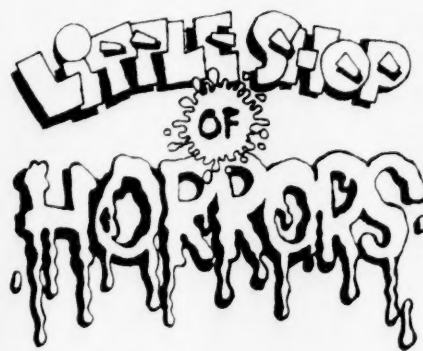
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CHECK THIS OUT



John Berube, Andover High School media specialist, with his hall pass that students must carry with them if they want to leave the library. See story next week.

Group launches new online middle school with \$10K tuition

By Meir Rinde

Computers will be the teachers at a new online middle school an Andover company plans to open this fall on the North Andover-Middleton line.

Advanced Schools plans to open its online school to grades 5-8 and charge parents a tuition of \$10,000 to \$12,000 per year. School officials hope to expand to high schoolers in the near future.

The school's intention is to "revolutionize" middle school education by tailoring individual learning plans for each child, and having the computer adjust lessons along the way to make sure students leave the program with no holes in their education, said Marycatherine Cunningham, the company's director of corporate and business development.

"They're at the site the whole time, and they're going to be on the computer most of the time," she said. "This gives the child the opportunity to do whatever they need to be educated. This will finally give these kids a springboard to any secondary school of their choice."

Advanced Schools classes will have 20 students each, but each student will work at his or her own pace, with a teacher overseeing the children, she said. Each day will start with a "brain gym warm-up" and include activities such as yoga, self-esteem classes and practice in public speaking.

Students will spend part of the day in a new

building now being constructed near Sharpners Pond Road on the North Andover-Middleton line, but be able to continue their work at home over the Internet, Cunningham said.

In part, the school is being formed in response to the No Child Left Behind Act, which President Bush signed into law two years ago, Cunningham said. The law requires annual reading and math exams for students, and allows parents to take their children out of underperforming schools.

"The biggest thing this does on a national level is it raises the standards of learning in this country for the first time," Cunningham said of the new school. "The No Child Left Behind Act really redefined the middle school. It told children they have choices."

The company decided to target middle school students because they are not often prepared for high school, Cunningham said. Classes are too large and students' needs are too diverse to allow one teacher to head a class alone, she said.

The company is backed by a group of silent investors. The educator behind Advanced Schools is Robert G. Coffill Jr., an Andover resident who was recently a school superintendent in Maine. HUDDLE Learning of Kansas will give presentations on the school's curriculum on May 25-26 at Merrimack College.

SPEAKERS AT PHILLIPS

Former CIA director of operations, World Bank water specialist coming

Stephen Holder, former CIA director of operations in China, Taiwan, Malaysia, Italy and the Ukraine, and his wife, Martha Holder, an international water specialist for the United Nations Development Program and the World Bank, will speak about their work at 5 p.m. Friday, May 7, in the Underwood Room, Chapel Avenue, on the Phillips Academy campus. Their visit is hosted by Phillips Academy's International Relations Symposium.

Stephen Holder speaks Chinese, Ukrainian, Malay, Italian, French and Spanish. He has served in US Army Intelligence (1970-73) and the Central Intelligence Agency (1976-2003). Currently, he is with the Institute for Defense Analyses, a federally funded research and development center. He will discuss his experiences with the CIA and his subsequent work, which requires him to travel globally.

Martha Holder, who specializes in African water resources, was recently in Nigeria examining dam alternatives. She has researched water management issues in the Everglades and Grand Canyon National Parks for the US National Park Service. Her private sector work has ranged from environmental and stream restoration to international water-resource management and development in the Middle East, Eastern Europe and West Africa.

Chair: Track town's response time

Selectmen plan to follow up on residents' questions and keep track of the town's response times in a more organized and easily assessable fashion.

New Selectmen Chairman Brian Major introduced the idea Monday night. He brought with him sheets of paper lined with columns to demonstrate how he will be jotting down information when residents raise concerns. He said he will be using an Excel file to store the data.

At the beginning of every selectmen's meeting, Major plans on conducting a brief discussion and status update on the questions before the board.

"These are purely questions where there is an expectation that we'll get back to the citizen," said Major. "Over the years, I've seen a lot of questions come in." Major said selectmen and the public are not always informed of the answers to such questions, even once the matters are resolved. "It's all (about) continuous improvement. That's what we are trying to do here," said Major. "It's just treating citizens with respect."

—Andrea Gregory

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Opinion

Making an impression

ANNETTE DOYLE probably had not talked with nurses from Hospice Care Inc. of Stoneham for nearly 14 years when she died in February 2003. She had never been a patient there. But the care she saw the hospice nurses give during the late 1980s, as she visited a friend's mother each day, stuck with her.

So she decided that when she died she would donate a large portion of her estate to the hospice. The hospice recently received \$175,000 from Doyle's estate, and more is on the way.

Many of the nurses who worked at the facility back in 1989 might never hear about this donation. But their effort and care will benefit the hospice and its patients for years to come.

It shows the lasting impression made by caring people dedicated to doing their jobs well each day.

Tracking work good idea

Selectmen Chairman Brian Major will begin tracking requests that come before the Board of Selectmen to ensure residents receive answers in a timely fashion. The idea is a sound one. In the past, some issues and projects discussed by selectmen have been forgotten once officials became engaged with other issues.

Web question

Time for a girls football league?

Last week's *Townsmen* Web-site question was: Town Meeting voters decided this year to try limiting speakers to five minutes and those responding to others to three minutes. How do you think it went?

28 people voted, although some complained the online service used for polling would not allow them to vote.

- 4, or 14 percent, said, "I don't think it is right to limit the time people have to talk about articles at Town Meeting. These are important decisions and we should take the time to hear every side."

- 1, or 4 percent, said, "I think you could ask people to give speeches in a timely manner, but when the town moderator starts banging his gavel after a signal from someone holding a stopwatch, the town has gone too far."

- 9, or 32 percent, said, "I like the rule. It kept things on track, and I was home before 10 p.m."

- 13, or 46 percent, said "Five minutes is long enough. How much can one really say about warrant articles?"

- 1, or 4 percent, said "Other."

This week's *Townsmen* Web-site question: A middle school student known as "football Barbie" is on a mission to score an all-girls football league. A petition to get the game started already has signatures from 98 girls. However, last year she was the only girl who played in the Andover Junior Football League. Should girls get their own football league?

- I think the reason there is not a league for girls is because not enough of them are playing. Instead of signing a petition, they should sign up to play and then people will know if there is a need.

- Give the girls their own teams. We already have other girls' teams in sports such as hockey.

- I don't have a problem with girls who want to play, but creating a league is overkill.

- Why don't they get involved with cheerleading?

- Football is not a sport for girls. I don't think they should be playing at all.

- Other.

To cast a vote, surf to www.andovertownsmen.com.

LETTERS POLICY

THE *Townsmen* accepts letters to the editor from the community. Letters must be typed and no longer than two, double-spaced pages. All letter writers must include addresses and phone numbers with their letters. The phone numbers will not be published.

The paper reserves the right to edit letters at its discretion. Reasons for editing include editing for length, clarity and style.

Letters should be received by the *Townsmen* by Monday at 5 p.m. for consideration in that week's paper. They may be sent by mail, fax or e-mail. As a general rule, the paper does not publish anonymous letters or thank-you letters.

It also does not publish letters for candidates in the issue prior to an election.

Andover Townsman

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OUTDOOR EATS



BBQ at school? Scott Rivela, kitchen manager, and Marie Sharis cook outside at Andover High School, as Food Services tries to spice up students' lunchtime.

PHOTO BY TIM JEAN

LETTERS

Residents not told of road closing

Editor, Townsman:

As one who is significantly affected by the closing of South Main Street and as one who went to the Town Meeting where the sewer project was approved, I can say I do not recall being informed that South Main Street would be closed for an extended period. The closing of South Main Street and the simultaneous closing of a number of side streets to the west of Main Street makes for an extreme hardship just getting to or from our homes. One would have thought the project could have been scheduled better.

I also find it interesting that the April 29 story in the *Townsmen* ("Main St. stretch closed until fall," page 1) states: "The pipe must be placed deeply because the system uses gravity to move the sewage." It would have been nice if this was true for all the houses expected to connect to the new sewer. I know of several that will need to pump their sewage up to the sewer main. So much for using gravity to move the sewage.

Ralph Pass
Lavender Hill Lane

Visit, judge senior center for oneself

Editor, Townsman:

Andover people voted for Town Meeting article 32, which provides the money to develop construction plans for a new senior center, and article 33, which transfers the land needed. This allows the Council on Aging and the Senior Center Task Force to continue to pursue having a center that supports the needs of our elderly community and their families. Many people volunteered countless hours to move this plan forward.

We would like to invite those residents who might still believe that a new senior center is a nicety and not a necessity to visit the current senior center in action. Please attend our open meetings to learn more about the new senior center initiative and why we believe a new center is an essential program in our community. We will continue to work diligently to advocate for a center that can provide the types of programs seniors need and hope people join us in the effort.

Marlies Zammuto
7 Donna Road

Senior group tops

Editor, Townsman:

In more than 25 years of involvement with town boards and committees, I have never worked with a more dedicated, committed, and enthusiastic group than the current Senior Center Task Force. It has been a high honor and a distinct pleasure to be associated with them over the last two and a half years.

Don Robb
36 York St.

Is 5 minutes enough – or too much – for democracy?

Editor, Townsman:

Tick, tick, tick... five minutes for democracy at Town Meeting: is it too much or too little? Is it a guideline or is it a new "minimum" for speakers – like the speed limit on Interstate 93?

Out of curiosity, I researched the Massachusetts General Laws to determine what "rules of engagement" exist regarding presentations at Town Meeting. I found that MGL Chapter 39, Section 23C provided sound guidance:

"No person shall address a public meeting of a governmental body without permission of the presiding officer at such meeting, and all persons shall, at the request of such presiding officer, be silent. If, after warning from the presiding officer, a person persists in disorderly behavior, said officer may order him to withdraw from the meeting, and, if he does not withdraw, may order a constable or any other person to remove him and confine him in some convenient place until the meeting is adjourned."

State law provides the moderator, the "presiding officer" at our Town Meeting, with broad discretion in the manner and length of presentations. In addition, the moderator has the authority to direct speakers to end presentations and to enforce decorum as may be needed. But now, we have a five-minute guideline. Will opposing speakers feel obligated to expand their presentations to ensure "equal opportunity"? How will the moderator determine that a five-minute speech is too much or too little?

In my view, citizen speakers have an obligation to be brief, succinct, and to the point. It takes courage and preparation to speak before a crowd of 600 or more citizens at Town Meeting. But, it may be better to say less, or even not to speak, especially when the sense of the voters is leaning in one's favor.

The goal of the presentation is to provide information, render an opinion, and to persuade voters. Brevity is the soul of wit. More is usually not better.

A well-prepared two- or three-minute presentation often will be superior to a five-minute one.

There will be occasions when extended discussion and debate are appropriate at Town Meeting. Citizens intending to make long presentations should notify the town moderator prior to Town Meeting. The courtesy provided will allow the moderator the opportunity to plan and schedule Town Meeting business and to minimize unpredictable delays in Town Meeting deliberations.

In a democracy, everyone should be afforded an opportunity to speak and provide opinion, without official time constraints. However, citizens should remember that the goal of speaking at Town Meeting is to communicate and convince, and no more. Pride of authorship should not stand in the way of prevailing on a warrant article when brevity and precision can win the minds and hearts of fellow citizens.

John F. Zipeto
14 Canterbury St.

Media must cover diversity of views on war

Editor, Townsman:

The tragic events of 9-11, rather than serving to unite the country in deep debate about our policies and our position in the world, have been followed by one and one half years of remarkable passivity. Congress handed the president and intelligence communities a carte blanche, first in regard to the Patriot Act and later with regard to the war in Iraq. Countless generals crept out of retirement to justify the administration's policies on news broadcasts. Even though a major portion of the American citizenry was skeptical of the rationale for entering the Iraq war, the major broadcasters were loathe to air voices contrary to the current administration's policies, inconsistencies, affirmation of facts, and so on.

Perhaps this is not too surprising. As we were sending troops into the region, Gen. Colin Powell's son, Michael Powell, the chairman of the FCC, was making agreements to allow media magnates to increase their already outrageous monopolies on news broadcasting.

Over the last several months, the errors of the present administration's ways have been too numerous and egregious to deny. But this week ABC affiliate stations around the country were prohibited by Sinclair Broadcasting Group from airing a Nightline special honoring the American war dead.

I know there is little that a small newspaper like the *Andover Townsman* can do to change the course of events.

Although I do not expect the

editors of the *Townsmen* to necessarily take a stance with regard to the war itself, I would hope that it would register its opposition to the suppression of views, whether those views be for or against the war.

Further, may I suggest that the *Townsmen* provide coverage about the diversity of views, within its readership, regarding the war, the treatment of prisoners, the perceived tension between civil liberties and needs for security, the confidence in current leadership, and so on. If we do not register our views, others will certainly rise to speak in our names. I am not certain that those who deem themselves fit to speak on our behalf will capture our ideas and values.

David Carraher
21 Gray Road

Player: Keep Loschi in charge of soccer team

Editor, Townsman:

When I first heard coach Dick Loschi's position as the varsity soccer coach was being questioned, I was positive the whole issue would blow over once anyone even started to look at all of his accomplishments as a coach and community leader. As this issue continues, I am becoming more and more shocked that such unjustifiable actions are being taken by some people in the school department. Loschi always has been compassionate and has never failed to give congratulations and apologies where they were due. If any students in his classroom or on his teams have ever had any

concerns, they always had the opportunity to speak to him and he has never failed to respond genuinely and truthfully.

Soccer, like any other sport, requires talent and skill and, as a coach, Loschi has to make tough decisions on who plays and where they play. This means he has to give everyone a chance to display their talents. As a player on the high school teams for three years, I have had to work with people of many different abilities, moving from the beginners to the more advanced players and back again, and I have taken it in stride. I believe that to achieve a starting spot on the team, I have to earn it.

All coaches have to make these decisions and it is not right to take his position away based on his judgments of sometimes close to 100 players. Those who deserve the spot will make it there eventually. I have been involved in sports since I was about 6 and Loschi is the coach that I have become the closest with. He has a sense of humor, a love for soccer, and above all, he cares about us. He will go to great lengths to help students get into college. Like all other coaches, sometimes he has to tell the players that they are not doing well. But he always ends his talk with encouraging words so that we

Continued on page 11

LETTERS

Memories of WWII pain, with Iraq

Editor, *Townsmen*:

I want to share with readers my experience in the time of World War II. Very soon, on May 9, the Russians in America and in the former Soviet Union are going to celebrate the victory of World War II in Europe.

Imagine a typical, beautiful morning in May. The solar rays brighten the city. The air is full of a spring flowers' aroma and birds singing. Suddenly, the radio said the war was over and the Germans has capitulated. That was May 9, 1945. Instinctively, we all ran to the center of Gomel, the square by the city park. Strangers embraced each other with tears, kissed each other. People were excited, danced, sang through the tears.

In my mind I saw my father: handsome, always smiling and loving his family. He was killed near Kiev in a battle with the enemy. It was a strange feeling of guilt that we could not protect him and all my deceased relatives from death.

People stayed long after the spontaneous meeting, not going

home. It seemed that it was easy to endure the joy of victory with the tears in our eyes while we were all together. There were other meetings in honor of Victory Day and good feelings prevailed everywhere.

We had a lot of problems during and after World War II. It is so bad that Americans now know what it means to be at war, with Iraq.

I don't understand one thing: I wrote a letter before the US Army moved on Iraq saying we should not go to war because I saw World War II face to face. There were a lot of letters from different people with the same decision. Who listened to us? American mothers lost their sons and fathers in this war. That is a very high price. And we don't know when there will be an end to the war with Iraq.

It is so sad to see the victory of the war with Iraq through the tears again. But God is with us. I pray that the evil will never triumph against the goodness.

Maria Maimina
216 Stowe Court

Let Loschi lead us to another tourney

■ SOCCER COACH

Continued from page 10

do not leave upset, which is much more than what I have heard about many other coaches. If coaches were fired every time they told their team to step up, then we wouldn't have any coaches left at the high school.

I cannot even begin to think of the pain Loschi is experiencing now. For the past 20 years, he has

been more than dedicated to the team and now, as he is nearing his retirement, all of his accomplishments are being downplayed; his whole career is being questioned in front of the town.

I am looking forward to my senior year as a captain on the team with Loschi leading us into yet another state tournament.

Micaela Smith
21 Cuba St.

SOCCER COACH DISPUTE
After 20 years, town has reason to dismiss successful coach?Editor, *Townsmen*:

Superintendent Claudia Bach: We are writing in support of Dick Loschi.

We have been residents of Andover for 21 years. We have been involved in town soccer for 15 years. I have served for six years on the board of the Andover Soccer Association (two as treasurer), have coached soccer teams from U-7 to U-18, both boys and girls in all divisions, and served as both a division director and referee. Rena is a social worker dealing with children and families in the Early Intervention Program at the Professional Center for Child Development.

Two main reasons drive our support of Loschi. First, coaches with a 20-year track record would, in our minds, have to have done something completely untoward to be considered for dismissal – effectively, a Bobby Knight-type situation. Nothing we have seen has even remotely suggested that this might be the case.

Second, and of more importance, Loschi's interest in our three kids has clearly shown us his commitment to the profession of teaching, his commitment to the kids of this town and his level of integrity. Many years ago, my oldest son was chosen to represent Andover at state geography competition.

When my son's regular instructor was unable to attend, Loschi took the time to spend a

day in Worcester with our family, supporting our son and the town in the competition. The professionalism and attitude with which he carried out this "assignment" was enough to convince me that Loschi was committed to his students. That professionalism and commitment continued to be demonstrated as my three kids went through middle school here by the interest he showed in their academic and their soccer careers.

As we move about the town, we hear rumors about difficult soccer practices and playing time. Our daughter is not involved in the Andover High School soccer program, and we therefore cannot speak to this first-hand. But from my coaching experience, I believe it is tremendously easy to take shots at the coach who has to be the one to make decisions, some of which will, by definition, be unpopular. But for a coach of 20 years standing to be dismissed, particularly with the type of record Loschi's teams have achieved, appears to be just plain wrong.

We ask that based on his success, commitment, professionalism and integrity, the school department strongly consider seeing that he remains as the Andover High School girls varsity soccer coach.

Rena Ginsberg
Larry Ginsberg
Cherrywood Circle

RECYCLING COMMITTEE

Keeping mercury out of water, brain

By Sharon Magnuson

Andover Recycling Committee

Mercury is a highly toxic metal that causes brain and/or liver damage.

Mercury-containing items that are put in Andover trash are burned in the incinerator in North Andover. Some of that mercury escapes into the air and falls into drinking water. The regular absorption of small amounts of mercury can result in mercury poisoning. The expression "mad as a hatter" historically referred to hat makers who suffered brain damage from mercury that was used in the hat-making process.

Mercury is a persistent toxin that accumulates in fatty tissue and causes damage to central nervous systems in people and animals. It gets concentrated up to 100,000-fold in fish living in water contaminated with small amounts of mercury. It is especially dangerous for fetuses, babies and young children, since even small amounts can cause brain damage.

Massachusetts' Department of Public Health advises that pregnant women, women who may become pregnant, nursing mothers and children under 12 years old NOT eat any freshwater fish, and also advises against eating certain fish and shellfish caught in coastal waters.

The safest plan is to keep mercury out of the waste stream by recycling it.

Mercury is the silver liquid in many household products, including:

- Thermometers (only those with silver, not red, liquid; and not digital ones);
- Thermostats (look inside for a vial of silver liquid, not digital ones);
- Blood pressure devices;
- Fluorescent bulbs (all types, even the "green" ones have some mercury);
- Switches that are position-sensitive (bidge pumps, automatic shut-off irons); and
- Button batteries.

The Andover Recycling Committee wants to get all mercury out of homes and especially out of the trash. Andover residents may bring small items containing mercury to collection buckets at the Board of Health (in the Town Office building) and the Department of Public Works (at the water treatment plant on Lowell Street). The Board of Health and DPW have new digital fever thermometers they will exchange for mercury ones, while supplies last.

Items containing mercury may also be brought to Andover Household Hazardous Waste (HHW) and CRT/Electronics collections.

Collections on May 15

A Household Hazardous Waste collection will be held at West Elementary School on Beacon Street on May 15 from 9 a.m. to 1 p.m. Two upcoming CRT/Electronics collections – on May 15 and June 19 – will be held at West Middle School on Shawsham Road from 9 a.m. to 2 p.m. For more information about household hazardous collections, call the DPW at 978-623-8350 or see the Andover Recycling Committee Web site at www.town.andover.ma.us/recycle.



2004

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1938-1939/1940 Ages 1942-1943/1944 Ages 1945-1946/1947 Ages 1948-1949/1950 Ages 1952-1953/1954 Ages 1955-1956/1957 Ages 1958-1959/1960 Ages 1962-1963/1964 Ages 1965-1966/1967 Ages 1968-1969/1970 Ages 1972-1973/1974 Ages 1975-1976/1977 Ages 1978-1979/1980 Ages 1982-1983/1984 Ages 1985-1986/1987 Ages 1988-1989/1990 Ages 1992-1993/1994 Ages 1995-1996/1997 Ages 1998-1999/2000 Ages 2002-2003/2004 Ages 2005-2006/2007 Ages 2008-2009/2010 Ages 2012-2013/2014 Ages 2015-2016/2017 Ages 2018-2019/2020 Ages 2022-2023/2024 Ages 2025-2026/2027 Ages 2028-2029/2030 Ages 2032-2033/2034 Ages 2035-2036/2037 Ages 2038-2039/2040 Ages 2042-2043/2044 Ages 2045-2046/2047 Ages 2048-2049/2050 Ages 2052-2053/2054 Ages 2055-2056/2057 Ages 2058-2059/2060 Ages 2062-2063/2064 Ages 2065-2066/2067 Ages 2068-2069/2070 Ages 2072-2073/2074 Ages 2075-2076/2077 Ages 2078-2079/2080 Ages 2082-2083/2084 Ages 2085-2086/2087 Ages 2088-2089/2090 Ages 2092-2093/2094 Ages 2095-2096/2097 Ages 2098-2099/2100 Ages 2102-2103/2104 Ages 2105-2106/2107 Ages 2108-2109/2110 Ages 2112-21		

OBITUARIES

Edward P. Pettoruto

Retired Registry of Motor Vehicles official

Edward P. Pettoruto, 73, of Andover, died Monday, May 3, at his home.

He graduated from Lawrence High School in 1939, was a World War II Navy Veteran, spent three years on the USS *Natoma Bay* aircraft carrier in the Pacific and was in the Battle of Leyte Gulf.



Edward P. Pettoruto

After the war, he was an Andover police officer and then became the director of law enforcement at the Registry of Motor Vehicles for 30 years and retired as the assistant to the registrar.

Members of his family include his wife, Elizabeth (Cargill) Pettoruto; children, Layne Cargill, Joyce Butler, Edward A. Pettoruto, Leslie Hill, Richard Pettoruto and David Pettoruto; and eight grandchildren.

Calling hours were scheduled for Wednesday, May 5 from 4 to 7 p.m. at the Dewhirst & Conte Funeral Home, 28 Florence St., Andover.

A funeral service will be held today, Thursday, May 6 at 2 p.m. at the funeral home.

Majid Behravesh

Cardiovascular surgeon

Majid Behravesh, 78, of Andover, died Friday, April 30 at Wingate in Andover.

He was a cardiovascular surgeon in private practice and also practiced at local area hospitals.

He was born in Tabriz, Iran. He was a member of the American College of Surgeons.

Members of his family include his wife, Mansoureh Behravesh of Andover; son, Cameron Behravesh and his wife Maryna of Beverly; daughter, Sheila Muller and her husband Philippe of North Andover; two grandchildren; and several nieces and nephews.

Memorial contributions may be made to a charity of one's choice.

Cremation took place at Linwood Crematory.

Arrangements were by Burke Funeral Home, 390 N. Main St., Andover.

Arthur J. Keeler Jr.

Longtime resident worked for town

Arthur J. Keeler Jr., 46, of Andover, died Saturday, May 1 at home from complications of diabetes.

Born in Lawrence, Mr. Keeler worked for the town of Andover and lived in Andover most of his life.

Family members said he fought a courageous battle against diabetes.

They also said he enjoyed

spending time with his family and was a fan of NASCAR racing and boating.

Members of his family include his wife of 24 years, Corinne (Webber) Keeler; daughter, Heather Keeler of Andover; son, A.J. Keeler of Andover; parents, Arthur and Betty (Wilson) Keeler of Derry, N.H.; sister, Robin Keeler Monte also of Derry; and nieces and nephews.

Memorial contributions may be made to the American Diabetes Association, ADA Web, Box 1833, Merrifield, VA 22116.

There were no calling hours. Cremation was at Linwood Crematory.

Arrangements were by Burke Funeral Home, 390 N. Main St., Andover.

James J.B. Peters

Longtime area resident was active in DAV

James J.B. Peters, 89, of Andover and formerly of North Andover, died Sunday, May 2, at the Holy Family Hospital in Methuen.

Born in Worcester, he was raised in Lawrence and graduated from Lawrence High School. Mr. Peters was a World War II Army veteran who received the Purple Heart.

He served with the 42nd Rainbow Division and later with the 1831st MP Detachment.

He and his wife of 63 years, the late Mildred (Faro) Peters, lived in North Andover and Andover for more than 60 years. While in North Andover, Mr. Peters was president of the Bradstreet School PTA from 1959 to 1960.

He was well known in the garment industry and worked for William Barry Co. in Lawrence as a quality control supervisor. He was also very active with the Disabled American Veterans Chapter 18 of Andover for more than 15 years where he held many positions including past commander and, most recently, adjutant.

Members of his family include his daughter, Linda A. Berberian and her husband Mark of Herndon, Va.; four grandchildren; a great-granddaughter; and several nieces, nephews and cousins.

He was also the father of the late Vivian Peters Lawrence.

Arrangements were by Dewhirst & Conte Funeral Home, 28 Florence St., Andover.

Memorial contributions may be made to the Disabled American Veterans Chapter 18, c/o Veterans Services, 36 Bartlet St., Andover, 01810; or to the Andover Senior Center, 36 Bartlet St., Andover, 01810.

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Eleanor M. O'Brien

Recess supervisor at Bancroft School

Eleanor M. (McLean) O'Brien, 81, of Andover, died Tuesday, April 27 at Massachusetts General Hospital in Boston.

Mrs. O'Brien was a former noontime supervisor at Bancroft School in Andover.

Members of her family include her husband, Robert O'Brien; daughter, Paula Mosca of Clinton, Conn.; sons, Robert H. O'Brien of Winchester and Mark D. O'Brien of Wauwatosa, Wis.; brothers, Hubert McLean of Sierra Vista, Ariz., John McLean of Walpole and Charles McLean of Las Cruces, N.M.; sister, Gertrude McFarland of North Reading; seven grandchildren; 10 great-grandchildren; and several nieces and nephews.

She was the mother of the late Allen T. Turner.

Burial was in Spring Grove Cemetery, Andover. Arrangements were by Dewhirst & Conte Funeral Home, 28 Florence St., Andover.

Paul K. King

Also lived in Rockport, Maine

Paul Kevin King, 56, of Andover and Rockport, Maine, died Wednesday, April 28 at home.

Members of his family include daughters, Melissa van Beuren King of Farmington, Conn., and Sarah Halsted Joy King of Somerville; and mother, Mary Jane King of Andover.

Memorial contributions may be made to Camden/Rockport Animal Rescue, 146 Camden St., Rockport, ME 04856.

Arrangements were by Dewhirst & Conte Funeral Home, 28 Florence St., Andover.

Margaret McCarron

Was tax examiner at IRS

Margaret (Hardacre) McCarron, 86, of Andover, died Wednesday, April 28 at Mary Immaculate Nursing and Restorative Center in Lawrence. She was a tax examiner at the

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DEATHS

Simone M. Bernier, 81
Majid Behravesh, 78
Walter E. Eldredge Jr., 73
Virginia Finnagan, 74
Helen Jaffarian, 90
Glenn W. Johnston, 84
Harry Kaufman, 90
Arthur J. Keeler Jr., 46
Paul K. King, 56
Noreen A. Lustenberger, 51
Margaret McCarron, 86
Eleanor M. O'Brien, 81
James J.B. Peters, 89
Edward P. Pettoruto, 73
Kristin Schaufenbil-Downie, 34

Internal Revenue Service in Andover for 22 years before retiring in 1979.

Born and educated in Lawrence, Mrs. McCarron graduated from St. Patrick's High School in 1925 and lived in Rye, N.H., and Methuen for many years

Townspeople



Above left, Sandy Hitchins, the May queen, is chased by Ron Scruggs, the May king, at the Beltane celebration Sunday at the Unitarian Universalist Congregation in Andover. Above right, Jane Hucks, president of the congregation, wraps ribbons around the maypole with Katie Schwartz during the Beltane celebration, an ancient holiday that marks the start of summer. Below: The maypole is a vertical pole decorated with streaming ribbons held by congregation members dancing and celebrating Beltane, an ancient Celtic feast observed the first day of May.

Beltane

Unitarian Universalist Congregation in Andover continues to celebrate the pagan Celtic holiday, gathering to experience 'earth-based spirituality'

By Andrea Gregory

ALEX LUNDQUIST, 11, held a green ribbon. With light-hearted steps and a smile, he weaved in and out of other members of the Unitarian Universalist Congregation on Sunday morning. Alex was celebrating the pagan holiday of Beltane by decorating a maypole.

Alex and dozens of other members braided red, green, blue and yellow ribbons around the maypole in the congregation's house of worship. "The Beltane was really, really fun," said Alex. "(Decorating the maypole) was hard. It was difficult, but a lot of fun."

At one point, the maypole look as if it might topple. But a man dressed as Robin Hood stepped in to ensure it stayed upright. "Robin Hood" served as the May king, who presided over the festivities with the May queen, "Maid Marian."

Alex's mother spoke to the congregation about the meaning and his-

tory of Beltane.

"The fire feast of Beltane signals (the) start of summer and dates back to ancient times," said Sherry Lundquist.

"Beltane continues to be publicly celebrated today," she said. "Women create wreaths of May flowers for their hair and decorate their homes with flowers and greenery. Men choose a tree to make the maypole. They decorate it with ribbons and greenery and erect it in the center of the village square. After it is crowned with a garland of flowers, people of the village dance and weave ribbons around the maypole."

Andover's maypole was not erected in the center of town, but the traditional Beltane celebration did take place at 6 Locke St., a stone's throw

from Main Street.

Several women wore flowers in their hair. Sandy Hitchins played the role of Maid Marian, a common character used to represent the May queen. With a group of children listening attentively at her feet and the adults of the congregation sitting in a semicircle, she talked about Beltane.

"People here have come from many faith backgrounds. We come from many traditions."

JANE HUCKS

the room. The chase was in the form of a flirtatious dance. The May king finally caught his queen and planted a kiss on her cheek. Members of the congregation applauded the catch.

"Beltane is really all about fertility, youth and lust and fun," said Hitchins.

Ron Scruggs, who played the part

of the May King Robin Hood, said the Andover chapter of Covenant of Unitarian Universalist Pagans - CUUPS - is new to the congregation this year. He said not all of the group's rituals are celebrated with the entire congregation, but Beltane seemed to be enjoyed by those who attended, sang and danced.

"We, the members of the Earth Circle CUUPS chapter, gather together to promote the practice and understanding of earth-based spirituality for members, the Unitarian Universalist Congregation in Andover, and the larger community by providing opportunities for the study of a variety of earth-based traditions and ritual celebrations..." he read from the CUUPS mission statement.

Jane Hucks, president of the congregation, said Unitarian Universalists strive to be respectful of other people and religions. "People here have come from many faith backgrounds. We come from many traditions," she said.



TOWN TALK



A tribute to three-term School Committee member Tina Girdwood graced the embankment facing High Plain Elementary and Wood Hill Middle schools — her name spelled out using birch logs.

'T' as in Tina, tribute, tree...

Andover High School students are known for leaving plastic-cup messages on the fences surrounding the school's tennis courts. Students have been known to create funny messages, as well as messages in memoriam that pay tribute

Continued on page 14

At a tree planting... where else?

Stumping with the tree warden on Arbor Day

By Judy Wakefield

HOW DOES THE TOWN TREE WARDEN spend Arbor Day? This year he spent it hustling about a tree-planting ceremony in West Andover — while listening to other trees meet their ends in a nearby development.

Randy Pickersgill is the town's superintendent of parks and grounds and has been on the job for the past two years. He was the go-to-guy at last Friday's tree-planting tribute to former School Committee member Tina Girdwood. A big purple beech tree from a Concord, N.H. nursery was planted on the campus of High Plain Elementary and Wood Hill Middle schools to honor the work of Girdwood. She did not seek reelection this year after having served on the School Committee for nine years.

The glorious, sunny Arbor Day weather was somewhat overshadowed by the inappropriate background noise of tumbling trees being fed into a tree chipper. Numerous trees are coming down as another new neighborhood is being built near the schools.

Pickersgill could only shrug his shoulders when asked about all those trees toppling nearby. After all, he knows some Andover people take pride in the town's "Tree City USA" designation and its resident tree-huggers.

Girdwood counts herself among them. In fact, she reminded the crowd that numerous trees came down when the two new schools were built on High Plain Road in West Andover.

"There were so many trees eliminated here," said the good-humored Girdwood. "I'm delighted you found an excuse to plant a tree."

Andover has been restocking its tree supply elsewhere, as well, according to Pickersgill.

Here is what he had to say about the local tree scene during a brief interview:



Randy Pickersgill (left), Andover's superintendent of parks and grounds, holds a Tree City USA banner with Steve Jankauskas, principal at Sanborn Elementary School, at last Friday's tree-planting to honor former School Committee member Tina Girdwood (photo at right).

How many trees have you planted in town during your two years on the job? "75."

What's your favorite type of tree? "Personally, I like locust trees."

Where's the best spot to see a locust tree? "In the park in Ballardvale."

Where are some other pretty tree scenes in town?

"Johnson Acres, off Elm Street, is nice because it's an old area and the trees are mature, over 50 years old. I like that area for trees."

Why did you plant a purple beech at this ceremony? "It's one of her (Girdwood's) favorites. And it will grow to be 60-feet high and 50-feet wide."

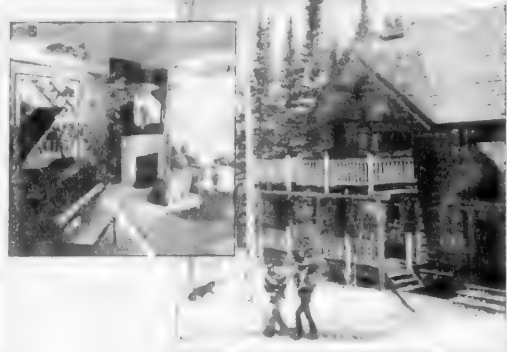


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VIEWED TO BE THE BEST

MEMORIAL HALL LIBRARY NEWS

By Norma Gammon

Community service coordinator,

Memorial Hall
Library



Memorial Hall Library

HERE ARE SOME
of the activities
coming up at
Memorial Hall
Library this
month.

All programs
are sponsored by
the Friends of Memorial Hall Library

CULTURAL EVENTS

All events are free.

Wednesday, May 12, noon

**RHODODENDRONS
DEMYSTIFIED**

Bob & Dana (Duxbury) Fox

As former president of the national
Rhododendron Society, Bob Fox brings
acknowledged depth to his personal passion
for rhododendrons.

Dana (Duxbury) Fox brings a lifetime of
horticultural accomplishments to this slide
presentation.

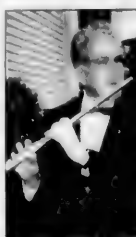
Bring a sandwich to this noon event;
we will provide the coffee and tea.

SUNDAY CONCERT

Sunday, May 23, 2 p.m.

THE ESSEX JAZZ ENSEMBLE

The Essex Jazz Ensemble features flutist
and woodwind player Mike Finegold and
keyboard player Marc W. Rossi in a program
of jazz originals and standards. Their music
has jazz, classical,
Latin-American, pop,
Hindustani Indian and
New Age influences.
They will be joined by a
bass player in this free
concert.



Mike
Finegold



Marc W.
Rossi

A versatile con-
temporary classical
composer, jazz composer,
pianist and educator,
Rossi has been a vital
part of the rich Boston
music scene since the
early 1980s. He is an
associate professor of
piano and jazz composi-
tion at Boston's Berklee
College of Music.

Finegold's career
travels the roads of pop,
rock and classical styles

as a flutist-woodwindist performer, com-
poser and educator.

As a professor of music, he has been
teaching and developing the music program
at Northern Essex, and is the artistic direc-
tor of the Essex Chamber Music Players in
residence at Northern Essex Community
College.

EVENING BOOK DISCUSSION

May 5, 7:15 p.m. (after presstime)

**KITE RUNNER,
Khaled Hosseini**

MORNING BOOK DISCUSSION

May 17, 10:30 a.m.

**THE LOVELY BONES,
Ian McEwan**

GREAT BOOKS

May 25, 7:30 p.m.

**THE BIBLE, GENESIS CHAPTERS 1-23,
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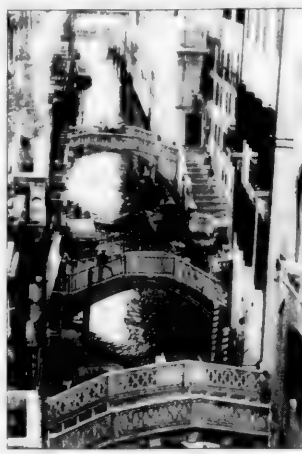
SOCIAL NOTEBOOK

Andover photo artist
Wilda Gerideau-Squires
of 12 Iron Gate Drive is
one of 20 artists selected
to participate in the new
"Doors Unhinged" exhibi-
it that will be part of the
"Doors Open Lowell" ac-
tivities taking place
May 6-8 in Lowell.

The "Doors
Unhinged" exhibit and
silent auction will include
a whimsical collection of
artistically enhanced
doors created by local
artists. Each artist was
required to submit for
consideration a concept
paper outlining the artistic
medium and subject mat-
ter they would use to de-
corate a six-panel wooden
door. Gerideau-Squires' proposal was for a mixed-
media concept entitled
"Door to the World." Each of the
door panels will have
decoupage onto it her pho-
tographs from various places
throughout the world.

The exhibit and auction, open
to the public, will be held at the
Market Gallery in Lowell begin-
ning with a preview reception
tonight, Thursday, May 6 from 6
to 8. There will be refreshments
and live jazz entertainment.

The hours for the balance of
the exhibit are Friday, May 7, 6
to 11 p.m.; and Saturday, May 8,



"Venice, Italy" is part of the photo
series presented by photo artist
Wilda Gerideau-Squires of 12 Iron
Gate Drive, featured in the "Doors
Open Lowell" event this weekend.

9 a.m. to 5 p.m.

Proceeds from the silent auc-
tion will benefit both "Doors
Open Lowell" and the arts com-
munity. For further information,
contact "Doors Open Lowell" at
978-275-1818, or visit
www.doorsopenlowell.org.

The Andover Herb Society
presents an evening with floral
designer **Bill Graham** of Beau-
tiful Things in Salem, Mass., an
educator, designer, commenta-
tor, advocate and storyteller on

Monday, May 10 at 6 p.m. at
First-Calvary Baptist Church,
586 Massachusetts Ave., North
Andover.

The cost is \$15, which
includes admission, refresh-
ments and a chance for a door
prize. For tickets, call **Maria** at
978-689-2914, or **Margi** at 781-
334-4880.

Due to limited seating ca-
pacity, tickets will be sold on a first-
come, first-served policy.

Temple Emanuel, 7
Haggetts Pond Road, extends an
invitation to "come and be
inspired." The Rose & David
Shack Lectureship presents
Rabbi Harold Kushner, author
of *When Bad Things Happen to
Good People*. Kushner's topic
will be "The Lord is My Shep-
herd: Healing Wisdom."

The lecture will be presented
Sunday, May 16 at 11 a.m.

With additional sponsorship
provided by the Wish Family in
memory of Jean Wish, this pro-
gram is free and open to the
public. For information, call
978-470-1356.

Through May 15, **Temple
Emanuel's Sisterhood** mem-
bers are asking members of the
temple and the community at
large to make donations of
clothing, food and over-the-
counter medications that will be
sent to needy families in Haiti.

Items can include gently
worn clothing of all sizes, shoes,
non-perishable food items that
are in durable containers such as
canned tuna and chicken, and
unopened over-the-counter
medications. These items should
be placed in the donation bins at
**Enterprise Bank and Trust
Co.** at 63 Park St. in downtown
Andover between the hours of
8:30 a.m. and 4:30 p.m. Monday
through Friday, and 8:30 to
11:30 a.m. on Saturday.

More than 8 million people
in Haiti suffer terribly from lack
of life's essentials, according to
organizers. Haiti lies just 600
miles from Miami and yet it is
the poorest nation in the West-
ern Hemisphere and one of the
poorest on Earth, they said.

"We have arranged with a

Haitian-American family who
lives in Florida to pick up the
donated items, truck them to
Florida, place them in rented
containers, and then accompany
the donated goods on a boat to
Haiti," explained **Lois Kar-
funkel**, a sisterhood member
who is organizing this effort.

"This direct distribution will
ensure that the items sent from
the Andover community are
given to those Haitians in the
countryside who are desperate
for help."

TOWN
TALK

SPELLING IT OUT

Continued from page 13

to those lost, such as former stu-
dent **Alexandra Miliotis**, who
died of leukemia.

Wood Hill middle-schoolers
have a similar, outdoor message
board. Only they use pieces of
birch trees most likely taken
down when the school was built.

At last Friday's tree dedica-
tion saluting former School
Committee woman and self-pro-
claimed tree-hugger **Tina Gird-
wood**, the message was much
appreciated. Students spelled
out Girdwood's name with the
birch tree logs on a small hill
near the school.

- Judy Wakefield

Tribute in sud

A car wash organized by the
Lawrence Rotary Club and the
high school youth group Interact
cleaned up last Saturday, May 1
at the Greater Lawrence Techni-
cal School.

At the students' request, the
funds raised will be donated to a
trust fund to benefit the family
of **Priscilla Jardine**, a teacher at
the Greater Lawrence Technical
School who died this school
year. Last year at a similar car
wash, \$323 was raised.

This year, thanks in large part
to the kids' hard work, \$780 was
raised, said to **Ron Hill**,
Lawrence Rotary Club member.

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Tucker

5 local women among YWCA honorees

By Christine Doherty
Greater Lawrence YWCA

FIVE ANDOVER WOMEN AMONG the 24 being honored by the YWCA of Greater Lawrence at its upcoming Tribute to Women luncheon.

It's all about empowering women and recognizing professional achievements and civic contributions, said Rebecca Hall, YWCA executive director. The luncheon, set for next Thursday, May 13 at Andover Country Club, is happening for the 21st consecutive year.

"Honorees are from diverse professions but they have much in common," Hall said. "Their lives and accomplishments reflect the YWCA's mission to empower women."

Here's a closer look at the Andover honorees:

Lynn Loscutt

Loscutt is an artist and author who has served as the executive director of the Copley Society of Boston for nine years. She is one of only five people in 100 years to receive the "Copley Medal" for distinguished service to the arts in Boston and today is a honorary life member of the Society.

Her published works include *Art to Go: A Traveler's Guide to Painting with Watercolors* and *Art to Go: A Traveler's Guide to Painting with Oils*. Her studio is located in Gloucester and her work is currently on exhibit at Gallery Victoria in Naples, Fla. Since 1983, her works have been exhibited at private, academic, museum, cultural, historical and government venues throughout the world. She is regarded as an inspirational instructor and is listed in several *Who's Who* publications including those of *Art in America*, *Women's Artists and Artists in the East*. She is former vice president of

the North Shore Art Association and the Rockport Art Association.

She has combined her passions for travel, art and teaching. She recently served as artist in residence on the maiden voyage of the *Queen Mary II*, where she instructed passengers on the two-week trip. Earlier, she served as an instructor aboard the *Queen Elizabeth II* on its 30-day journey to South Africa. In September, she will host and teach art instruction on Monet's gardens. She is currently also an instructor with the Naples Art Association.

Amy Sebell

Sebell is a realtor with Prudential Howe & Doherty Realtors. She was recognized as the company's top producer in 2003 where as a seasoned professional with more than 20 years experience in Merrimack Valley real estate, she had the opportunity to mentor many new realtors. She holds several professional certifications and designations. From her first career in education, she earned a master's in education from Bank Street College of Education.

Her performance in the real estate industry has earned her many top awards, including those from Re/Max, Prudential and from the New England Association of Realtors and *Real Trends Magazine*.

Sebell is an active volunteer who currently serves as the social action chairwoman, a choir member, and is on the board of governors of Temple Emanuel in Andover. She has served as president of the Greater Lawrence Chapter of Hadassah as well as the editor of Hadassah's New England Region newsletter. She has served as a Red Cross blood-drive coordinator, a Bread and Roses service coordinator, a Brownie leader, Cub Scout liaison, Project Ezra coordinator, trustee of the

Cambridge School of Weston, communications chairperson for Colgate University Society of Families, board member of Andover Montessori School, as a PAC board member for the West Middle School and on the PTO advisory board of South Elementary School.

Karen Sawyer

Sawyer is executive vice president of enterprise development, MassDevelopment. During her eight-year tenure at MassDevelopment, Sawyer has held many important and strategic positions. She currently leads the marketing, communications, governmental relations and targeted industry advocacy efforts of MassDevelopment.

She joined MassDevelopment in 1996 as deputy chief of staff. She also served as director of projects in the Real Estate Development Division, senior vice president of community development and, most recently, chief of staff. Sawyer is a graduate of Duke University with degrees in French and political science, and currently serves on the admissions advisory board of Duke University.

Sawyer came to MassDevelopment after serving as director of the Economic Assistance Coordinating Council, where she provided technical assistance to more than 130 communities and was directly credited with facilitating more than \$187 million in new private investment, which created or retained thousands of jobs throughout Massachusetts. She previously served as the special assistant to the secretary of the Executive Office of Communities and Development, as staff liaison officer to the MBTA and, during the Weld/Celucci administration, served as special assistant to the chief policy advisor, Office of the Governor and as director of constituent services in the

Office of the Governor and as a legislative aide to the governor. She is a past president of the Merrimack Valley Chamber of Commerce and a past president of the Andover Historical Society.

Suetta Tenney

Dr. Tenney is a board member and president of Shaw-Walker Medical Association in Andover. There she serves as a community clinician and a businesswoman, which emphasizes an holistic approach to medicine and she offers opportunities for career advancement, empowerment and balance in their lives. She is a member of the Holy Family Hospital Ethics Committee and more than 10 years is the physician representative to the Holy Family Hospital Committee on Complimentary and Alternative Medicine and is a member of the Blue Cross Blue Shield Physician Technology Advisory Board and as associate medical director for rehabilitation at Wingate at Andover.

She brings extensive training in mind/body medicine to her practice and she has significant training and experience with end-of-life care, including certification to train other physicians in end-of-life care.

A frequent lecturer on many wellness and medical topics, she is a regular speaker for the Mass Eating Disorder Association and contributed to a book about the subject by local author Laura Goodman. She is the former member of the Regional Advisory Board for the Department of Mental Retardation.

Tenney co-chaired committees that brought before- and after-school activities to the Andover community, has served as a Brownie and Junior Girl Scout leader, and is currently co-chair of the music committee at West Parish Church.

Tenney is also a major contributor

to the YWCA of Greater Lawrence and is a past president of the Andover Historical Society.

She is a past president of the Merrimack Valley Chamber of Commerce and a past president of the Andover Historical Society.

Catherine Tucker

Dr. Tucker is the director of the Shaw-Walker Medical Association in Andover. She is a past president of the Merrimack Valley Chamber of Commerce and a past president of the Andover Historical Society. She is a member of the Holy Family Hospital Ethics Committee and more than 10 years is the physician representative to the Holy Family Hospital Committee on Complimentary and Alternative Medicine and is a member of the Blue Cross Blue Shield Physician Technology Advisory Board and as associate medical director for rehabilitation at Wingate at Andover.

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Tenney is also a major contributor

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EVENTS CALENDAR

(continued on page 17)

A SIZZLING GOOD TIME — Haley Brennan (left) and Alicia Scarpa hang onto the safety bar of their Sizzler ride during last year's ClownTown carnival. Organizers said that several new rides and attractions will be featured at the event next Friday and Saturday, May 14 and 15, in the Park at Bartlett and Chestnut streets.

Information on Andona membership will be available at the ClownTown membership table, or by calling Joanne Heim at 978-975-1193.

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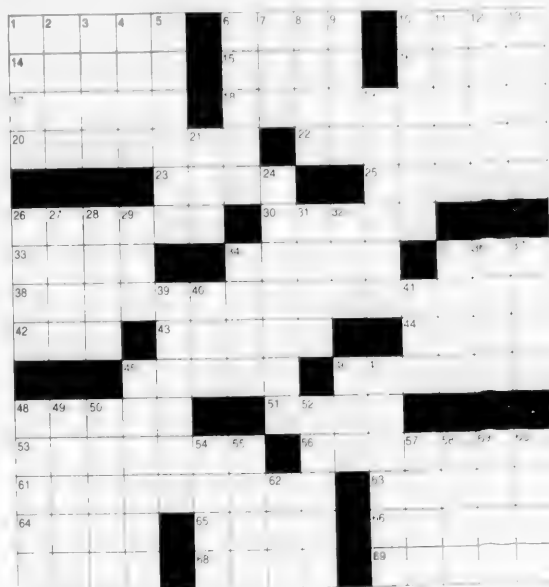
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CLUES ACROSS

1. Greek island
6. Type of information
10. Quantitative fact
14. A mournful poem
15. Used when listing items
16. German courtesy title
17. Designed chairs
18. Tactile
20. Monetary units of Spain
22. Inductance units
23. Employee stock ownership plan
25. Banquet
26. Generator
30. Rapines
33. Apple spray
34. A quantity obtained by addition
35. Former CIA
38. Unspeakably base
42. Doctors' group
43. A way to delete
44. Spice made from the dried covering of the nutmeg seed
45. Italian princes
46. Unfasten
48. Trade
51. Soul and calypso song
53. Administrator
56. Blathered
61. Make laws, bills, etc.
63. The venerable __, British theologian
64. A blue dye obtained from plants
65. Macaw genus
66. Brought to a conclusion



67. __ Gallery
68. Effected
69. Dizzy and Howard

CLUES DOWN

1. Cheep
2. Wings
3. Radioactivity units
4. Double curve

5. Modus operandi
6. Obese person
7. -- mode (Dessert)
8. Hyperbolic cosecant
9. Lug
10. Portions
11. Pustules on the host plant of a rust fungus
12. French river

13. Rendezvous
19. With no heart
21. Volcanic mountain in Japan
24. Judicial writ
26. About 10 days' fast
27. Mass of matter
28. Grandmother
29. They
31. At the peak
32. Disparage
34. You
35. Asian nation
36. Prevents harm to creatures
37. A musical interval of two semitones
39. Mistreats
40. Nurse-patient relation
41. Type of RAM
45. Disgrace
46. Fiddler crabs
47. Picked up
48. Sound made by slapping
49. Sports venue
50. On the up-and-up, slang
52. Excessively fat
54. Bivalve
55. Scarlett's home
57. Affliction
58. Mother of Castor
59. "I Dream of Jeannie" star
60. Fathers
62. Small amount

SOLUTION ON PAGE 18

EVENTS CALENDAR

MAY 6 THRU MAY 16

Continued from page 16

one. Napa Valley Wine Train
 11. Philip...
 12. ...

Tuesday, May 11

Talk: Philip...
 ...
 Main St. Ave S. Murata 978-4253

Wednesday, May 12

Information meeting
 ...
 Meeting: Merrimack Valley Chamber of Commerce presents non-profit and not-for-profit organization...

Meeting: ...
 ...

Talk: Philip...
 ...

Thursday, May 13

Author appearance
 ...
 Training sessions

Friday, May 14

Clown Town, spin
 ...

Organ concert
 ...

Comedy: ...
 ...

Artists reception
 ...
 Play: ...

Saturday, May 15

Clown Town, spin
 ...
 Music: ...
 ...

Continued on page 18

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5/13: **No Music**
5/14: **Acme Music Trio** (contemporary pop-rock)
5/15: **The Guy Ford Band** (eclectic rock)

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EVENTS CALENDAR

MAY 6 THRU MAY 16
Continued from page 17

978-373-9259.
Spring Concert. Newburyport Choral Society spring concerts, featuring great opera choruses and soloists accompanied by professional orchestra, 8 p.m., \$20. Newburyport High School Auditorium, Newburyport; 978-462-0650.

Play. Agatha Christie's *The Unexpected Guest*, 8 p.m., \$20 (includes dinner). See Friday, May 14 entry.

Sunday, May 16

Concert. Andover Choral Society presents a Mozart concert, featuring a quartet of professional soloists and a full orchestra accompanying the singers, and under the direction of music director Allen Combs, 4 p.m., \$15. First-Cavalry Baptist Church, North Andover; 978-687-8225.

Spring concert, 2:30 p.m., \$20. See Saturday, May 15 entry.

Ongoing

Art Exhibitions

Addison Gallery of American Art. *The Art of David Ireland: The Way Things Are*, through July 18; and *Art, Artists, and the Addison: Building a Collection*, through July 31; gallery hours Tuesday-Saturday 10 a.m.-5 p.m., Sunday 1-5 p.m., Addison Gallery of American Art, Phillips Academy; 978-749-4015 www.addisongallery.org.

Alpers Fine Art of Andover, one-man show by Andy Newman (new and recent paintings), through June 6; gallery hours: Wednesday and Thursdays 11 a.m.-8 p.m., Saturday

10 a.m.-10 p.m., Sunday 10 a.m.-4 p.m., 2 Main St.; 978-470-0013.

Andover Historical Society, tour the Amos Blanchard House and Barn Museum for a glimpse into life in the early 19th century, Tuesday through Friday 1-4 p.m., \$5 admission, students \$3, 97 Main St.; 978-475-2236, www.andhist.org.

Robert S. Peabody Museum of Archaeology, *Objects and their Meanings: Historical Highlights of the Peabody*, displays ethnographic objects from the museum's collections of North and South America and a series of photographs that illustrate the activities of the museum's key people during the last century; Tuesday through Saturday, noon-5 p.m., by appointment only, free admission, Phillips Academy campus, 175 Main St.; 978-749-4490.

Essex Art Center, in the Main Gallery through May 14: *Faculty Show 2004*, featuring work in a variety of mediums by more than 30 of the artists/teachers at the center; Elizabeth A. Beland Gallery, through June 11: *in an Instant - Giclee prints by Toru Nakanishi and silver gelatin prints by Darren Perocchi*; reception and galleries are free and open to the public; Tuesday-Thursday, 10 a.m.-7:30 p.m., Friday 10 a.m.-5:30 p.m., Essex Art Center, 56 Island St., Lawrence; 978-685-2343, www.essexartcenter.com.

Robert Lehman Art Center at Brooks School, *Nostalgic Journeys*, American illustrations from the collection of the Delaware Art Museum, through June 13, gallery hours Tuesday-Friday 8:30 a.m.-5 p.m., Saturday, 8:30 a.m.-noon, Sunday,

Continued on page 19



Kelly O'Connor with some of the custom-made serving trays and frames she will be exhibiting at Crafts in the Park.

Marketing their crafts

CRAFTS IN THE PARK
Continued from page 16

work.

"Our tastes are similar. It really looks inviting," said Martin.

She and O'Connor became friends about four years ago. They live across the street from one another and both have small children. After attending a crafts fair together in Boston, the two left inspired and started to think about what they could make.

They began producing hand-painted wooden lamps together, a production O'Connor ended up taking over solo when Martin began creating beaded bracelets.

Martin's line of jewelry started with what she calls mothers' and grandmothers' bracelets. The bracelets are custom-made, with beads that spell out a child's name. She said she had seen these before and always liked the idea, but wanted to create a more timeless and less flashy version of the typical mothers' bracelets.

Over the past six months, she has also been stringing together ready-to-wear jewelry. The rest of the jewelry mimics the style of her bracelets, which makes them nice to wear together, she said.

O'Connor has expanded her hobby also. Her hand-painted picture frames and serving trays will make their debut this weekend at Crafts in the Park.

"I was looking for more surfaces to paint on. I was trying to do more things that I like in my home," said O'Connor.

O'Connor has a serving tray she made for herself that has pictures of her three boys behind the glass. The fabric background also matches the cushions on her dining room chairs.

She said she will custom make serving trays with pictures for customers. Though the fabric background might not match one's dining room chairs, O'Connor says she could sell people lamps with shades that will match.

O'Connor uses stencils she makes to add the flowers, fruits, stars, boats and other designs she paints onto her lamps and picture frames. She said using her stencils creates more of a uniform look for people trying to coordinate her products into their home decor.

O'Connor and Martin said they bring their traveling boutique to about five craft shows per year.

Martin's jewelry is also available in a few stores such as Helen Thomas on Main Street, Valentine's in Lexington and Newburyport, and Seagull in Marblehead. O'Connor said she has not pursued getting her products into any local shops yet, but her No. 1 customer sounds encouraging about the idea. "We are each other's best customer," the two women said together.

Martin proudly mentions which rooms in her house have her friend's lamps, and O'Connor often wears jewelry made by Martin.

"It's great we're friends. It's a nice partnership," said Martin.

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EVENTS CALENDAR

ONGOING

Continued from page 18

2:30-5 p.m., 1160 Great Pond Road, North Andover; 978-725-6232.

Arthur Griffin Center for Photographic Art. Main Gallery: rare photographs from the Civil War, includes eight new images, through June 25; Emerging Artists Gallery: "short stories," unique perspectives on the ordinary by Concord-based photographer Robert Hannan, through June 11; Tuesday-Sunday, noon to 4 p.m., \$5 admission. Thursday admission is free all day, 67 Shore Road, Winchester; 781-729-1158, www.griffinmuseum.org.

Whistler House Museum of Art. Wednesday-Saturday, 11 a.m.-4 p.m., \$4, 243 Worthen St., Lowell; 978-452-7641.

Memorial Hall Library. Artist of the Month for March is Crist Filer, who works mainly in watercolor and pencil. Monday-Saturday, 9 a.m.-9 p.m., Sunday, noon-5 p.m.; 978-623-8400, www.mhl.org.

McCoy Gallery. Merrimack College, hours Monday-Friday, 9 a.m.-4 p.m., free admission; 978-837-5000, Ext. 4205.

Sakovich Campus Center. at Merrimack College, the Fireside and First floor lounges, call for hours; 978-837-5000, Ext. 4205.

McQuade Gallery. gallery hours Monday through Thursday, 7:30 a.m.-11 p.m., Friday, 7:30 a.m.-6 p.m., Saturday, 9 a.m.-4:30 p.m., Sunday, 11 a.m.-11 p.m.; 978-837-5000, Ext. 4205.

Senior Center artists. talented artists participate in art classes and enjoy the "drop-in group" on Wednesday and Thursday mornings, art display of oils, watercolors, pencil, pen and ink, pastels and oriental brush art is in the Music Room; Andover Senior Center, Whittier Court; 978-623-8321.

Montserrat College of Art Gallery. Monday-Thursday, 11 a.m.-7 p.m.; Friday, 11 a.m.-5 p.m.; Saturday, noon-4 p.m., 23 Essex St., Beverly; 978-921-4242.

Flint Memorial Library. 147 Park St., North Reading; 978-664-4942, www.flintmemoriallibrary.org.

Churchill Gallery. Monday-Saturday, 10 a.m.-5:30 p.m., Sunday, 12:30-5:30 p.m., 6 Inn St., Newburyport, 978-462-9891.

The State of the Art Gallery and Sculpture Garden. Rocky Neck Art Colony, Gloucester; 978-463-8883.

Cape Ann Historical Museum. Tuesday through Saturday, 10 a.m.-5 p.m., 27 Pleasant St., Gloucester; 978-283-0455.

The Saltbox Gallery. Spring Promise, featuring new artwork by members, through April; cooperative of 17 artists from the North Shore; Monday through Saturday, 10 a.m.-5 p.m.; 49 Main St., Topsfield; 978-887-3844.

J. David Broudo Gallery of Art. Monday-Friday, 9 a.m.-5 p.m., Endicott College, 376 Hale St. (Route 127) Beverly; 978-232-2250.

Revolving Museum. audiences will be taken on a journey through a variety of innovative artworks that explore issues like pollution control and spirituality through nature, artist-driven museum, dedicated to presenting public art, exhibitions, educational programs, gallery hours: Tuesday-Saturday, 10 a.m.-4 p.m.; Sunday, noon-4 p.m., 22 Shattuck St., Lowell; 978-937-2787.

Laura Coombs Hills Gallery. Monday-Saturday, 11 a.m.-5 p.m., Sunday, 12-2 p.m., 22 Shattuck St., Lowell; 978-937-2787.

Continued on page 20

Locals share 'Lies & Legends'

Andover locals Dana Bissett and Penny Kohut bring the legend to the stage as Burlington Players present *Lies & Legends: The Musical Stories of Harry Chapin*.

Bissett is directing the production, a compilation of 25 of Chapin's best-loved songs, including *Cat's in the Hat*, *Circle and Taxi*, arranged by his brothers, Stephen and Tom Chapin.

The original creative consultant on the show was his wife, Sandy Chapin, and the original concept was developed by Joseph Stern. Chapin worked in the film industry and as a documentary-maker for many years, leading to a narrative form of songwriting. He celebrated the lives of ordinary people, and through comedy and pain, reminded listeners of a shared emotional heritage.

Kohut is part of the ensemble. She says, "I have come to appreciate [Chapin's] talent and am having a wonderful time harmonizing with such talented vocalists."

Kohut's last performance was *Bye Bye Birdie* with TNT Players in late March, where she has also done *Fiddler on the Roof* and *Annie*.

This is her first show with Burlington Players. Performances are through May 22, Thursday through Saturday at 8 p.m., and Sunday, May 9 and 16 at 7 p.m. at the Park Playhouse, off Route 95/128 and Winn Street in Burlington. Tickets are \$15 and \$18 general admission. To purchase tickets or to get involved with the group, visit www.burlingtonplayers.org, or call 781-229-2649.



THE LADIES OF 'LIES' — Andover resident Penny Kohut (right) enjoys a cozy moment surrounded by Allison and Kim Baker of Wakefield and Aja Low of Peabody in "Lies and Legends: The Musical Stories of Harry Chapin," through May 22 at the Park Playhouse in Burlington. Directed by Dana Bissett of Andover, the show is filled with tales of love lost, love found, parents and children, special moments and just plain silliness. Performances are Thursday through Saturday at 8 p.m., and also Sundays, May 9 and 16, at 7 p.m. Tickets are \$15 and \$18, with a \$3 senior and student discount. The Park Playhouse is at One Edgemere Ave., Burlington and is handicapped-accessible. Call 781-229-2649, or check out www.burlingtonplayers.org.

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Soccer prodigy



The best high school soccer forward in the USA is right here in the Merrimack Valley, a national magazine says, finishing work on his diploma and earning wrestling trophies in the off season. Oh, and his younger brother might be even better. In the Sports section.

Secrets of mega-motherhood



Sunday we pay homage to mothers, but some local moms have worked especially hard for the honor, raising six, seven, even 10 kids. They share answers to the big question they always face: "How do you do it?" In the Lifestyle section.

The business of games



The video game industry has grown even bigger than the film industry, with billions in sales last year. Software companies North of Boston are riding this wave, and one wants to turn Lawrence into a hub for the industry. In BizNorth.

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EVENTS CALENDAR

ONGOING

Continued from page 19

day, noon-5 p.m., 60 Water St., Newburyport: 978-465-8769. www.newburyportart.org

Mingo Gallery, Tuesday-Friday, 10 a.m.-5 p.m., Saturday, 10 a.m.-4 p.m., 252 Cabot St., Beverly: 978-927-5964.

Nevins Memorial Hall, 305 Broadway, Methuen: 978-686-4080.

Arlington Center for the Arts, Monday-Friday, 9 a.m.-6 p.m., 41 Foster St., Arlington

Robert Lincoln Levy Gallery, Wednesday-Saturday, 10 a.m.-5 p.m., Sunday, noon-4 p.m., 136 State St., Portsmouth, N.H.: 603-431-4230.

Gelb Gallery at Phillips Academy, Monday-Friday, 9 a.m.-5 p.m., Saturday, Sunday, noon-4 p.m.: 978-475-4419.

Bravos Arts Gallery, Thursday, Friday, Saturday, 10 a.m.-4 p.m., One East Main St., Georgetown: 978-352-8102.

Ayer Lofts Art Gallery, a cooperative artist space in Lowell, Thursdays, 6-8 p.m., Saturday, Sunday, 1-4 p.m., 172 Middle St., Lowell: 978-970-3556 info@ayerlofts.com.

River Gallery, Thursday through Sunday, 11 a.m.-5 p.m., 4 Market St., Ipswich: 978-356-1559.

Ocmulgee Pottery & Fine Crafts, gallery hours Tuesday through Friday, 10 a.m.-5 p.m., Saturdays 10 a.m.-4 p.m., 26 Market St., Ipswich: 978-356-1298.

Crescent Dragon Gallery, 59 Washington St., Haverhill: www.galleryonhomedead.com/1.html

Walsingham Gallery, painter Dennis Perrin, gallery hours: Monday-Wednesday, 10 a.m.-5 p.m., Thursday-Saturday, 10 a.m.-6 p.m., Sunday, noon-5 p.m., 47 Merrimack St., Newburyport: 978-499-4411. www.thewalsinghamgallery.com

Newburyport Art Association, Heidi S.D. Jackson in an exhibition entitled *Garden Portraits: Wicked Good Art*, sculpture and photos by Mark Brophy and Jane von Bosse, 65 Water St., Newburyport: 978-465-8769.

North Shore Arts Association of Gloucester, featuring sculptures, paintings, Pirate's Lane, Gloucester: 978-283-1857.

Erlich Gallery, gallery hours Tuesday through Saturdays, 10:30 a.m.-5:30 p.m.; Sunday, noon-5 p.m., 96 Washington St., Marblehead: 781-631-1202.

Theater

Le Grande David and his Spectacular Magic Company, Sundays 3 p.m., \$18, \$12 children 11 and under, Cabot St. Cinema Theater, 286 Cabot St., Beverly: 978-927-3677.

Best Little Whorehouse in Texas, the routin', shootin' musical comedy, through May 23, call for times and prices, Amesbury Playhouse, 194 Main St., Amesbury: 978-388-9444.

Lizzie Borden, featuring Broadway actress Jayne Paterson, through May 30, call for times, \$32, Stoneham Theater, 395 Main St., Stoneham: 781-279-2200.

Museums and Historic Homes

Andover Historical Society, tour the Amos Blanchard House and Barn Museum for a glimpse into life in the early 19th century: Tuesday through Friday 1-4 p.m., \$5 admission, students \$3, 97 Main St.: 978-475-2236, www.andhist.org

Museum of Printing, 800 Massachusetts Ave., North Andover, featuring antique printing equipment, \$5 admission, Monday, Wednesday, Thursday, 10 a.m.-5 p.m., Friday, 1-8 p.m., Saturday, 10 a.m.-5 p.m., Sunday, 1-5 p.m.: 978-686-0450 or www.museumofprinting.org

North Andover Historical Society, 153 Academy Road, North Andover, maintains two sites that feature museum galleries: 1789 Johnson Cottage, an artisan's home and workshop, and 1715 Parson Barnard House, depicting life from 1715-1830, 179 Osgood St., changing exhibits highlight local life from the 17th to the 20th century, library and archive, \$3 adults, \$1 children, \$2 seniors, Johnson Cottage, tours Tuesday-Friday 10 a.m.-noon and 2-4 p.m., \$5 adults for a combined tour of both properties, 978-686-4035.

American Textile History Museum, *Let's Go Hawaiian* exhibition is a fanciful exploration of the fascination with Hawaii, its influence on mainstream culture, and a playful look at the cult of the Hawaiian shirt: more than 125 classic and contemporary shirts, most originating from the collection of Gary Moss, picture Hawaii's history, the beauty of its landscape, its popular culture, and lure as a tourist resort, exhibit runs through Sunday, June 20; ATHM, 491 Dutton St., Lowell: museum hours are Tuesday through Friday 9 a.m.-4 p.m.; Saturday, Sunday, and most holidays 10 a.m. to 5 p.m., closed July 4.

admission \$6 for adults; \$4 for students, seniors, and groups; free for children under 6 and museum members, parking is free, and the building is wheelchair accessible: 978-441-0400 or www.athm.org.

Boott Cotton Mills Museum, Monday-Friday, 10 a.m.-4 p.m., 400 Foot of John St., Lowell.

New England Quilt Museum, Tuesday-Saturday, 10 a.m.-4 p.m., Sunday, noon-4 p.m., 18 Shattuck St., Lowell: 978-452-4207.

Lawrence Heritage State Park, open daily: 9 a.m.-4 p.m., 1 Jackson St., Lawrence: 978-683-1655.

Wenham Museum, \$5 adults, \$3 children ages 2 and up, 132 Main St., Wenham: 978-468-2377.

Custom House Maritime Museum, Wednesday, Friday and Saturday, 10 a.m.-4 p.m., Thursday and Sunday, 1-4 p.m., 25 Water St., Newburyport: its Lowell Boat Shop, 459 Main St., Amesbury, Wednesday-Sunday: 978-388-0162.

Peabody Essex Museum, Monday-Saturday, 10 a.m.-5 p.m., Sunday, noon-5 p.m., \$12 adults, \$10 seniors \$8, students: free for children under 16; East India Square, Salem: 978-745-9500, 866-745-1876, www.pem.org.

Dracula's Castle, unusual lore of New England focusing on strange ghostly and unexplained events, \$6, \$4 ages 8-14, Saturdays, 7:30 p.m., 90 Lafayette St., Salem: Dan Tremblay 978-777-2711.

House of Seven Gables, Open daily 10 a.m.-5 p.m., extended hours until 7 p.m., through October, \$10 (2 for 1 admission for Essex County residents with proof of residency), 54 Turner St., Salem: 978-744-0991, www.7gables.org.

Meetings/Activities

Altrusa International/Merrimack Valley, a service organization that focuses on community needs, meets second and fourth Tuesday of each month, 6:30 p.m., Chelmsford Public Library, Chelmsford: Arlene Miele 978-453-2531.

American Legion Andover Post 8, second Wednesday of the month, September to June, 7 p.m., Andover Senior Center, 36 Bartlett St.: Ted Witman 978-683-9988.

Amnesty International, Merrimack Valley Chapter, meets second Monday of the month, McQuade Library, Merrimack College, 7:30 p.m.: Leslie 978-475-6960.

Andover Great Books Group, meets second and fourth Tuesdays, discusses book of the week, activity room, Memorial Hall Library, 7:30-

9 p.m.; Jean McGreehan 667-9610.

Andover Tennis Club, for men, women and children, recreational singles, doubles and mixed doubles play at the intermediate level, \$65 family membership, \$40 single membership, Phillips Academy, www.andovertennis.org.

Bel Canto Singers, seeks new voices for the 2003-04 season, rehearsals Thursday evening from 7:30-9 p.m., St. John the Evangelist Church, 115 Middlesex St., North Chelmsford: 978-256-0783.

Business Network International (BNI), Wednesdays, 7-8:30 a.m., Denny's, Route 114, Lawrence: Edna 978-640-8919, or Steve 978-975-1328.

Business Network International, Haverhill Chapter, Fridays 7-8:30 a.m., Best Western Hotel, 401 Lowell Avenue, Haverhill: 603-475-3503, www.bni-haverhill.org.

Choral Arts Society, for information and to audition call: Rick Seaman 603-382-5070 or Shelia Kanan 978-373-4990.

Country line dancing, Stompers Country Line Dance Production will have line dancing every Wednesday and Sunday, 7-11 p.m., GuestHouse Inn & Suites, Exit 47, I-93, Methuen.

Community men's chorus, The Men's Chorus of New England, formed by Treble Chorus of New England at Merrimack College with Richard Barney conducting, 5:30-7 p.m., Tuesdays, West Parish Church, Andover: Anne O'Neill 978-837-5461.

Embroiders Guild of America, Merrimack Valley Chapter, dedicated to teaching and preserving needlework as an art form, third Tuesday of the month, September through May, 7 p.m., Tewksbury Congregational Church, Main and East streets, Tewksbury: Rosemary Carter 978-893-0959, mvc-membership@neonflamingo.com.

Exsultet!, a chamber choir, rehearsals Mondays, 7:30-10 p.m., Holy Trinity United Methodist Church, 16 Sylvan St., Danvers: Richard Larrage 781-329-1741.

Folk dance, Skirts and Flirts Square Dance Club, weekly Thursday classes, 7:30-9:30 p.m., Shawshen Elementary School, Shawshen and Hopkins streets (Route 12), Wilmington: 978-658-4022 or 978-658-3480.

Grandparents as Parents Resource Network of Greater Lowell, second Tuesday of the month, 7-8:30 p.m., Memorial Hospital, Lowell: Rachelle Comtois 978-459-3242.

COMING UP

Dan Betty at Palmers with Little Jimmy

Dan Betty of Andover, who plays a mix of acoustic, pop, folk and blues, will be a special guest at Palmers Restaurant and Tavern, 18 Elm St., next Wednesday, May 12 from 7:30 to 11 p.m. Betty will appear with headliners Little Jimmy and the Home Wreckers, a band that plays Chicago blues, Texas blues and West Coast swing.

Academy Concert Band plays May 14

On Friday, May 14, at 7 p.m., the Phillips Academy Music Department will present the Academy Concert Band and ensembles under the direction of Vincent Monaco. The program is free of charge and open to the public. It will take place in Cochran Chapel located on the Phillips Academy campus, 180 Main St.

The program will include *Courtly Festival* arranged for band by Philip Gordon; *Serenade for Band* by Vincent Persichetti; *Lassus Trombone* by Henry Fillmore; *The Planets* by Gustav Holst; *Ne Irascaris*, *Domine* by William Byrd; and *Sonata* from *Die Bänkel sängerlieder* - Anonymous, circa 1684.

Any inquiries regarding this performance may be directed to the Phillips Academy Music Department at 978-749-4995, or e-mail music@andover.edu.

Midnight Snack attack at coffeehouse

Crossroads Coffeehouse will feature Kevin So and his band, Midnight Snack, on Saturday, May 8. Boston music critic Scott Alarik said, "Kevin So is doing for young Asian-Americans what Woody Guthrie did for Dust Bowl refugees and Bob Dylan for the '60s generation. Carving his songs from sweet R&B, hot rock, hip-hop, and pop-folk, he presents his life and times in brash strokes of insight, wit, and empathy."

So has made a name for himself as a singer/songwriter whose music transcends genres, lyrics transcends cultures and appeal transcends generations, organizers said. So was invited to play last fall at *My America* - a tribute in commemoration of the events of Sept. 11, 2001 at Times Square in New York.

Midnight Snack will showcase Kevin So on guitar, keyboard, vocals; Jon Sobel on bass; and Pete Demeo on drums. Danielle Miraglia will open. Crossroads Coffeehouse is at North Parish Church, 190 Academy Road, North Andover. Doors open 7:15, the concert starts at 8, and tickets are \$12. For information, call 978-687-3960 (978-687-7948 evening of the concert), or visit www.crossroads-coffeehouse.org.

Kevin So

Danielle Miraglia

NECB caps off season with performance

The New England Civic Ballet studio will present its end-of-year performance this Saturday, May 8 at 2 p.m. at the Rogers Center for the Performing Arts in North Andover.

Tickets are \$12, and will be available at the door or by calling the studio at 978-975-0289.

Harris to give Big Dig show tonight

Karen Harris of Andover will present a talk and slide show, "Technology in Wonderland, Images of the Big Dig" tonight, Thursday, May 6 at 7, at the Flint Memorial Library, 147 Park St., North Reading. Her presentation will include photographs taken throughout the project, from five stories under the South Station Interchange, to high up on the Zakim Bunker Hill Bridge.

The event is free and open to the public. Call 978-664-4942.

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Sports

AHS ROUNDUP

Girls tennis reigns supreme

Varsity team, now 9-0, encountering little or no resistance this spring

By Rick Harrison

The numbers are mind-boggling. With three more 5-0 victories over Notre Dame Academy of Tyngsboro, Chelmsford and Methuen, the Andover High girls tennis team improved to 9-0 this season.

The Lady Warriors, who have lost only one set all spring, sit high atop the Merrimack Valley Conference standings as they march relentlessly toward a 15th straight league championship.

AHS girls teams have now won 228 consecutive MVC matches since a 3-2 loss to Lowell almost 14 years ago on May 21, 1990.

The league streak ranks among the longest in state history in any sport, and should compare favorably with some of the lengthiest ever recorded in the nation.

The Lady Warriors are also a gaudy 301-1 in their last 302 conference matches — with 242 of those wins 5-0 sweeps.

Nothing short of an Act of God will keep Andover from finishing undefeated once again during the 2004 regular season and extending the conference win streak to 237.

The locals have completed their first run through the MVC, winning every match 5-0 without a hint of an opponent offering a viable challenge.

AHS can send its second and third units on the court, which it often does, and still dominate.

In spite of all the dazzling numbers, however, one thing the multiple Andover girls tennis juggernauts have been unable to do is win a state title.

Most years the Lady Warriors capture several Division 1 North Tournament wins, occasionally reaching the title match, but somewhere along the line they are always ousted.

Andover tennis is a helpless victim of its surroundings, with the Merrimack Valley Conference considerably weaker overall than the more highly-regarded Dual County and Middlesex Leagues.

Starved for tough competition during the regular season, Andover heads into the tourney each year at a distinct disadvantage.

"We'd like to change that, hopefully beginning next year, by scheduling a few matches and scrimmages against strong out-of-conference opponents," said first-year AHS coach David Hughes.

The Andover High boys tennis team, after finishing second to Chelmsford in the Merrimack Valley Conference the past two years, is back on top after beating the Lions to take sole possession of first place.

The Golden Warriors, who won 15 MVC titles in a 17-year stretch before Chelmsford took over in 2002 and 2003, beat Chelmsford 5-0 to remain the only unbeaten team in the conference.

The victory was not as easy as the score indicates, with two of the five matches going three sets and the Lions slightly less than 100 percent healthy with a starting second doubles player sidelined.

Chelmsford is currently one match behind the frontrunners and Central Catholic, also considered a title challenger, is two back after a pair of 3-2 losses to Chelmsford and surprising Billerica.

Over the years the AHS boys statistics aren't too shabby, either, as they now stand 288-14 in their last 302 MVC matches and 331-46 overall the last 20 seasons.

GIRLS TENNIS

The undefeated Andover High girls tennis juggernaut (9-0) kept rolling along uninterrupted with the 5-0 wins over Notre Dame Academy, Chelmsford and Methuen.

Schedule

The Lady Warriors returned to action yesterday, after *Townsmen* presstime, with a match versus Central Catholic at Merrimack College.

This afternoon the locals are home against Billerica (3:30 p.m.).

One more victory, probably secured yesterday



Brittany Roy



Marsha Mogilevich



Christina Spang

day versus Central, will put the Lady Warriors in the Division 1 North Tournament for the 26th time in the last 27 years.

The annual single-elimination North Sectional Individual Tournament, with competition in singles and doubles divisions, begins this weekend with knockout matches at both the Newton South and Wayland High courts.

Players who keep winning will advance to the North quarterfinals, semifinals and championship matches next weekend.

Sectional champions eventually meet in the State finals next month at Longwood Cricket Club in Brookline.

Andover 5 Methuen 0

Capt. Marsha Mogilevich, the best player in the MVC and headed to Duke University next fall, was taking an AP mathematics/statistics college exam and therefore unavailable for this Tuesday afternoon makeup match at Methuen.

Sophomore Hannah Zarkar, playing No. 1 singles for the first time, battled past Tran Nguyen of Methuen in a long and arduous three-setter, 6-4, 6-7 (4-7), 6-4.

Zarkar jumped to a 5-2 lead in the decisive third set, and closed out the win by breaking serve in the 10th game.

"Hannah was very aggressive in the third set and took control of the play," said AHS coach David Hughes. "With Marsha away it was a good test for her, especially after she moved up the ladder to second singles by winning several challenge matches in practice."

Christie Spang defeated Han Nguyen 6-1, 6-1 at No. 2 singles, and in her second singles match of the season Meredith Levenson topped the Rangers' Colleen McLaughlin 7-6 (7-3), 6-1.

"Meredith was outstanding in the first-set tiebreaker," said Hughes. "Winning that was the turning point. She was very confident in the second set and dominated."

First doubles Gui Almada and Caroline Koch rolled to a 6-0, 6-1 win over Natalie Ferreira and Rebecca Curry.

Juniors Jodi Richard and Lindsay Davidson completed the Lady Warriors' ninth straight 5-0 sweep with a 6-0, 6-3 romp past Allison Andrade and Jessica Landry.

Sophomore Shannon Fitzgerald and freshman Joohye Yoon won a one-set JV exhibition match, 6-1.

The loss left stubborn Methuen at a deceptive 4-4 overall, with the other three losses by 3-2 scores to Chelmsford, Central Catholic and Notre Dame.

Andover 5 Notre Dame Academy 0

In another impressive display of dominance, the Lady Warriors lost only one game in six singles sets and five games in four doubles sets.

First singles Marsha Mogilevich and third singles Hannah Zarkar rolled to 6-0, 6-0 sweeps of NDA's over-matched Sandana Parakala and Kate Richards respectively.

Junior Christie Spang registered a 6-1, 6-0 triumph over the Lancers' Jen Cincotta at second singles.

First doubles Gui Almada and sophomore Shannon Fitzgerald pounded out a 6-1, 6-1 victory over Kelly McCarthy and Caitlin Wilson.

Senior Capt. Wendy Chen and Brittany Roy teamed for the second time this spring, rolling to a 6-2, 6-1 win over Erin Harty and Siobhan Fleming at second doubles.

Andover 5 Chelmsford 0

The Lady Warriors took over sole possession of first place in the MVC by destroying the previously-undefeated Lions (6-1).

Andover once again swept all five matches in straight sets, with first singles Marsha Mogilevich displaying her Conference Player of the Year skills in a 6-1, 6-2 cruise past Liz Cohen.

Christie Spang romped to a symmetrical 6-1, 6-1 triumph over Chelmsford's Courtney Walsh at second singles, and Hannah Zarkar pounded out a 6-1, 6-0 triumph over Carolyn Salvucci at third singles.

Gui Almada and Brittany Roy teamed at first doubles for a 6-0, 6-2 decision over Meghan Hogan and Jasmin Lin.

Wendy Chen and sophomore Meredith Levenson subdued the Lions' Molly O'Keefe and Jenna Vitale 6-1, 6-3 at second doubles.

BOYS TENNIS

Senior Capt. Avi Lasser, Jason Edelstein and Brian Axelrod were the singles winners, with Lasser and Axelrod both extended to the three-set limit before pulling out two-hour marathon victories in the Andover High boys' 5-0 payback triumph at Chelmsford.

A subsequent 5-0 sweep of visiting Methuen lifted the MVC leaders to 6-0 overall heading into yesterday's battle, after *Townsmen* presstime, with 2003 MVC Player of the Year and State Tournament qualifier Jason Sechrest and his Central Catholic teammates.

Schedule

AHS plays at Billerica tomorrow (Friday)

afternoon, and next Monday the locals are at Lawrence (both 3:30 p.m. matches).

The annual single-elimination North Sectional Individual Tournament, with competition in singles and doubles divisions, begins this weekend with knockout matches at the Lexington High courts.

Players who keep winning will advance to the North quarterfinals, semifinals and championship matches next weekend.

Sectional champions eventually meet in the State finals next month at Longwood Cricket Club in Brookline.

Andover 5 Chelmsford 0

This AHS victory ended a four-match losing streak against Chelmsford, avenging several close setbacks to the Lions (three by 3-2 scores) the past two years.

First singles Avi Lasser came from behind to overhaul Chelmsford's Alex Loyer 3-6, 6-4, 7-5.

"Loyer is a very steady player," said Andover head coach Mike Wartman. "He and Avi are both baseliners which means points can go on forever."

"Avi put the pressure on by coming up to the net more in the last two sets, and he volleyed a little better."

Brian Axelrod handed Chelmsford's Corey Duggan his only loss of the season thus far at third singles 6-0, 6-7 (3-7), 6-3.

"Brian also played an opponent who likes to stay on the baseline," said Wartman. "So he (Axelrod) also came to the net and did well with that strategy."

Jason Edelstein had to work hard as he swept past Brian Irving 6-3, 6-4 at second singles.

AHS first doubles Josh Caplan and Jeremy Hogan knocked off the Lions' Eric Hsu and Gauthon Killampoli 6-3, 6-1.

Mike Zakin and Dave Szafarz capped the shutout with a 7-5, 6-2 triumph over Hahn Lin and Ken Sims at second doubles.

"It was obviously a battle start to finish," said Wartman. "It could have gone either way, but our kids did a terrific job of playing well on the big points."

Andover 5 Methuen 0

The locals had absolutely no trouble with overmatched and undermanned Methuen in this MVC makeup Tuesday afternoon at the AHS courts.

Jason Edelstein played first singles and ripped through the Rangers' Brian Riopelle 6-0,

Brian Axelrod handed the Lions' Eric Hsu and Gauthon Killampoli 6-3, 6-1.

Max Christensen and David Harty rolled to a 6-1, 6-0 triumph over the Rangers' Juknovarian and Taek Hong at second doubles.

The Lady and Dragon teams won 2003 league games in their 6-0, 6-0 blitz of D and C.

BASEBALL

The Andover High baseball team, sandwiched between Merrimack College and Lowell High schools, is looking for a strong start in the MVC. The team is currently 1-0, with a win over the Merrimack College team.

Later in the season, the team is expected to be at the top of the MVC. The team is currently 1-0, with a win over the Merrimack College team.

In the last three games, the team has won 3-0, 6-0, and 5-0. The team is currently 1-0, with a win over the Merrimack College team.

Schedule

A first-place showdown with Central Catholic was scheduled yesterday, after *Townsmen* presstime, and tomorrow (Friday) Andover hosts Division 2 Lawrence at Peter Auma Park (3:30 p.m.).

The Golden Warriors edged Central Catholic in their first meeting, but were three runs down at the bottom of the seventh in a pivotal final-inning victory.

A scheduled game against Central Catholic at Merrimack College, rained out earlier this week, has been reset for Tuesday, May 11.

Andover 13 Lowell 9

Bouncing back sharply from the season's first cut, the Golden Warriors showed a baseball team around Auma's Park, the way to the series victory.

After a scoreless first inning, AHS led behind 2-0 and 5-0 early before trailing 5-4 with four runs in the third. In the fourth, three in the fifth and one in the sixth.

Lowell rallied for three runs in the seventh and had two runners aboard with two outs when the final batter picked a low, slow, high, fast ball and flew out to end the threat and the game.

Eight Andover players collected multiple hits.

DH Joel Keefe went 3-for-4 with an RBI and two runs scored.

Junior Matt Hogan produced a near-4-hole single, double, triple with five RBI and two runs scored.

He hammered an RBI triple and later scored in the second inning, belted a three-run double and scored to highlight the third, and had an RBI single in the fourth to cap a very productive day.

Brian Buckley and Ryan Shepard both finished with two hits, an RBI and two runs scored, while Paul Malaguti was 2-for-5 with an RBI.

The fifth frame included run-scoring singles by Malaguti and Shepard.

Jarrett Mackin laced two singles, drove in two runs and scored one.

Matt Iorio delivered two infield singles and RBI and scored three runs.

Junior lefthander Patrick Bateson pitched 2 2/3 innings, allowing seven hits and five earned runs while fanning seven and walking six.

Jon Volinski came on in relief to get the final out.

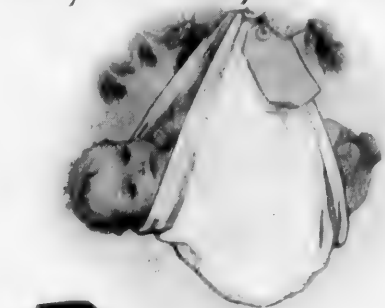
For Lowell, which had won three of its previous four games, Jeison Kingred led the attack with a pair of doubles and a single. Brandon Akashian drove in two runs and scored two, while Mike Moffett and Dan Sargent also had two RBI each.

Dracut 10 Andover 7

Dracut, which had not won a conference game entering this one, stunned the Golden Warriors by posting the victory in a makeup

Continued on page 22

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- other items containing mercury

HOUSEHOLD APPLIANCES WILL NOT BE ACCEPTED

AHS ROUNDUP

BASEBALL

Continued from page 21

Peter Annals Park

The Middies scored five runs in the first three innings, and the locals ran out of the fifth as the springboard to the triumph.

Dracut's ace pitcher, junior righthander Brian Frederick, 17, didn't exactly mystify the locals but he did battle all the way with a complete-game victory.

Andover lashed 10 hits, including two each by Ryan Shepard, Jarrett Mackin and freshman Dan Conetta, but Frederick allowed only four earned runs and walked just one.

Shepard swung the biggest bat with a double and triple, while Joel Keefe also belted a triple.

Paul Malaguti, Matt Hogan and Anthony Perry added a safety each while Godefron scored three runs.

Shepard, Keefe, Godefron, Hogan and Brian Conetta were the heroes.

Andover managed the deficit to one, 5-4, for the first time in the series, but burst at the bottom of the fifth.

With two outs, Shepard hammered a triple to center, and scored on a single to left by Hogan. Perry's safety at the Hogan was nailed at the plate. The locals' closer's choice tapper to the pitcher.

The last three runs crossed after a pair of infield errors by the Middies and an RBI single at the plate by Mackin.

The locals' 4-1 Andover rallied for three runs in the seventh to make it interesting.

Godefron and Mackin launched the inning with singles. Hogan followed a sacrifice to center, and back to back two-out RBI doubles by Keefe and Shepard extended the comeback.

The locals' closer, when Frederick induced the out, was not to be.

Ryan Conetta sparked Dracut with a double, and scored. Two RBI and two runs scored. Matt Conetta and Chris Miles had a pair of hits at the plate. The Middies and Tim Dillon also scored.

Dracut's closer, with 1-1 just one day after making his debut, was a solo single by Dillon in the bottom of the fifth.

Andover 4
Methuen 2

Senior pitcher, Liz Sacco, worked the first two innings, and the locals scored two runs in the third. The locals' closer, with 1-1 just one day after making his debut, was a solo single by Dillon in the bottom of the fifth.

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The locals, who stranded 10 runners in six innings, notched the insurance run in the sixth.

Mackin singled, stole second, took third on a wild throw by the catcher and scored on a boot-ed grounder.

Mackin led the nine-hit attack with a perfect 4-for-4 day, using his speed to beat out two infield hits.

Godefron added a pair of safeties, including a double, and Shepard added a hit.

AHS survived a five-error day in the field, with the keystone combo of shortstop Paul Malaguti and second baseman Iorio combining to handle 10 chances and turn a seventh-inning double play.

SOFTBALL

The Andover High varsity softball team managed only two runs and a handful of basehits in tough back-to-back losses to Merrimack Valley Conference Division 1 powers Chelmsford, 2-1, and Tewksbury, 4-1.

AHS has allowed no more than five runs in any game this spring, but the Lady Warriors have now scored two or fewer runs in six games.

The results left coach Stephanie Ragucci's crew at 3-5 overall and 2-3 in MVC action.

We played very well against Chelmsford," said Ragucci. "We gave them one of their two runs and that was the difference."

"Caitlin (Carpentier) continues to pitch well every time out. She's been fantastic but we haven't supported her offensively. We're getting scoring opportunities in every game but we're not capitalizing on you say Red Sox?"

"We shuffled the batting order slightly, moving Matt Nasta up to the second slot because she's an excellent bunter," noted Ragucci. "She can lay the ball down any time she wants. Liz Pallotta is a contact hitter so she's been moved down a few spots."

"At this point we're trying all kinds of different things to shake the hitting slump. We have a few kids that are ready to break out — and hopefully we won't have to wait much longer."

"Our schedule to this point has been pretty tough with Chelmsford, Tewksbury twice and Dracut (two division leaders)."

"We have to pick up the (victory) pace to make the tournament, which is something we've become accustomed to in recent years."

The Golden Warriors must go 7-5 in their final 12 regular season games, or finish first or second in MVC 2, to qualify for the Division 1 North Tournament.

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Schedule

The locals hosted Notre Dame Academy of Tyngsboro yesterday, after *Townsmen* presstime, and have another tough assignment tomorrow afternoon (Friday) when MVC 1 power Lowell (5-2, 4-1 MVC) is in town for a 3:30 p.m. game.

A scheduled game with Haverhill, rained out earlier this week, has been re-set for Tuesday, May 18 at Haverhill.

The locals also have a second makeup game versus non-league Nazareth Academy of Wakefield on Thursday, May 20.

Chelmsford 2

Andover 1

The Lady Warriors, who always play traditional MVC and Eastern Mass. Division 1 power Chelmsford tough, gave the visiting Lions (6-2) a scare.

Caitlin Carpentier once again pitched well, but Thyra Dewey was just a bit better as AHS managed only four hits and an unearned run against the Chelmsford ace.

Dewey, who transferred to Chelmsford from California several years ago, struck out nine and did not issue a walk. She also laced an RBI double, while Jenn O'Rourke singled home the other run.

Sophomore Emily Cummings stroked a pair of hits for Andover, while Lindsey Timko and Maria Nasta had one each and Timko scored the run.

The Lions inched ahead 1-0 in the third inning, and the teams traded runs in the fifth to complete the scoring.

Dewey, O'Rourke and Camille Hamilton finished with two hits apiece for the winners.

Tewksbury 4

Andover 1

AHS managed only one hit in the MVC night game against Liz Mucica (3-1), who had pitched a shutout earlier this season in a 4-0 non-league TMHS win over Andover.

The frustrations continued against the nemesis Redmen, as Mucica struck out seven, walked one and faced only 23 batters in seven innings.

Lauren Vieira singled for the lone Lady Warriors' safety, while Emily Farmer walked with one out and scored the only run on an error as the locals tied the game briefly 1-1 in the top of the fourth.

Tewksbury countered with two runs in the bottom of the fourth and added one more for insurance in the sixth.

Caitlin Carpentier surrendered nine hits, all singles, fanned three and didn't walk a batter in another complete-game mound effort.

Alex Sacco was a major pest, finishing 3-for-3 with three RBI and a run scored.

Tewksbury catcher Danielle Delponte, who has drawn interest from numerous colleges including Oklahoma State because of her size and strong arm, added two hits while Mucica scored twice.

"We had one bad inning in this game — and played very well otherwise," said coach Ragucci. "Mucica was throwing BB's. She seemed much quicker than the first time we played. She's the best pitcher we've faced so far."

Both teams were aggressive on the basepaths and had runners thrown out at home.

BOYS LACROSSE

A come-from-behind 6-4 squeeze past Lowell kept the Andover High boys varsity lacrosse team undefeated in Merrimack Valley Conference play, sharing first place at 3-0, and lifted the Golden Warrior laxmen to 6-2 overall.

Schedule

AHS has a pair of key MVC games tomorrow (Friday) and Saturday at first-year varsity team Haverhill (4 p.m.) and at Chelmsford.

A makeup game with non-league Acton-Boxboro has been tentatively scheduled for May 16 at Acton.

Andover 6

Lowell 4

The Golden Warriors trailed for most of this MVC night game at Lovely Field, including 2-1 at the half and 4-3 entering the final quarter.

"We definitely dodged a bullet," said Andover head coach Wayne Puglisi. "We played well, but Lowell is a much different (better) team this year. They could sneak up on some unsuspecting opponent in the tournament."

Andover won the game with a 3-0 run in the final period, junior midfielder Eric Hanson scoring a pair of man-up goals with seven and three minutes left to put the locals ahead, 5-4.

Senior attack Toby Cohen's second goal of the game, which came in the final two minutes, added the insurance.

Senior attack Bobby Grant and sophomore attack Matt Colby contributed a goal each for AHS, while solo assists went to sophomore Mike Lamagna and defender Ben Newman.

Goalender Zach Gostanian was credited with seven saves.

"Eric Hanson did a lot of good things for us tonight — in addition to the two big goals," said Puglisi. "Grant and Andrew Boudreau were also excellent at picking up loose groundballs, which led to Lowell penalties and the man-up situations."

"Little pieces like that all came together to help us get the win," said Puglisi. "We just kept fighting back and eventually it paid off."

Vastly-improved Lowell, which dropped to 5-3 with the loss, is coached by Andover resident Kevin Bibeau.

BOYS VOLLEYBALL

The Andover High boys varsity volleyball team continued to struggle with a trio of Merrimack Valley Conference losses to Billerica (2-0), Central Catholic (2-1) and Lawrence High (2-1).

Those setbacks extended the Golden Warriors losing streak through five matches, dropping the locals to 6-7 overall and 5-7 in conference play.

"We have to get this turned around quickly," said coach George Sullivan. "It's nitty-gritty time in terms of tournament qualification. We have some tough opponents left and we have to play better and pull off some upsets."

The locals must win five of their final eight matches to earn a Division 1 North Tournament berth on percentage, and among the teams left on the schedule are MVC 1 leader Haverhill (12-1), Chelmsford (9-4) and St. John's Prep (10-3).

The next four matches versus Dracut, Westford Academy, Methuen and Lowell put AHS against teams with only 12 victories among

them.

The upset will have to come in the last four versus Haverhill (twice), Chelmsford and St. John's Prep.

Andover could also qualify, without finishing at .500, by placing second in MVC Division 2.

Schedule

Andover played at Dracut yesterday, after *Townsmen* presstime, and hosts Westford Academy tomorrow (Friday) at the Dunn Gym (4 p.m.).

One thing working in the locals' favor is six of the final seven regular season matches are at home.

Billerica 2

Andover 0

The Golden Warriors' third straight loss came against a Billerica team it had edged 2-1 earlier this season.

The Indians got their revenge with a 30-24, 30-25 sweep in the rematch at the James Gym.

"Once again we got off to a slow start," said coach Sullivan. "We were hesitant in the first game, while Billerica played with a lot of confidence and spirit."

"We were stronger in the second game. We blocked and attacked better, but they served well and we shanked some of our returns off to the side."

"Billerica has several excellent athletes and they were the more consistent team on this night," said Sullivan.

Jake Kleinman went 19-for-24 hitting, with four kills, and 4-for-4 serving to once again pace the locals.

Ian McMahon finished 10-for-12 hitting, with two kills, while Chris James was 4-for-6 with two kills and Darren McRoy 5-for-6 with one kill.

Sophomore Jerry Mohan contributed 5-for-6 hitting, with two kills, and he blocked very well with four solo and five assists.

Alex Levine played another solid match, 5-for-6 hitting and 8-for-8 serving, while other top servers included Sam Silverman and James at 10-for-11, McRoy and setter Sean Cummings both 8-for-8.

Pardeep Thandi was a defensive standout.

The Andover JV's beat Billerica, 2-0, with game scores of 30-22 and 30-18. Sparking the winners were Alex Day (14-for-16 hitting, five kills), Pat Hughes (10-for-10, three kills), Adam Spang (9-for-12 hitting, 6-for-6 serving) and Matt Jacobs (defense).

Central Catholic 2

Andover 1

The Golden Warriors, who swept past Central 2-0 on April 12, were unable to repeat that performance in the rematch at the Dunn Gym.

Andover won the first game, 30-27, before Central rallied for 30-27 and 30-26 victories.

"When you win the first game and lose the second you create a monster," said Sullivan. "Suddenly the other team believes they can win the match. We let Central back in it and they took advantage."

AHS offensive leader Jake Kleinman finished with 10 kills, 26-for-33 hitting, one ace and 15-for-16 serving.

Continued on page 23

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Business

Court upholds Andover's 3-day suspension that left cab company idle

By Meir Rinde

Taxi company owner Michael Bellmore's legal tussles with the town are over.

State Superior Court Judge Peter W. Agnes Jr. has denied his appeal of the punishment the town handed him for a series of livery bylaw violations.

Specifically, Agnes said Bellmore had no grounds to appeal a June 16 vote by selectmen to suspend Andover Livery Cab Company's license for three days.

Bellmore had argued that since 1999 the Police Department's safety officer, Robert Cronin, unfairly targeted his cabs for violations. But Agnes said selectmen had good reason to cite Bellmore for operating a nonlicensed vehicle and employing an improperly licensed driver.

"The town of Andover certainly has a legitimate interest in the careful regulation of livery companies operating within its borders," he wrote in the deci-

sion. "It is not for this court to assess the wisdom of a three-day suspension; that was a judgment for the defendant."

Bellmore owns at least two other taxi companies based out of Derry, N.H. Cronin documented a number of instances when customers who called Andover Livery for a cab were picked up by the other companies' vehicles and drivers in violation of town rules for livery services. Bellmore and his attorney, Robert McCabe, argued he

should be praised rather than penalized for providing cab service with his other companies when Andover Livery vehicles were not available. Neither man returned calls seeking comment this week.

Despite the appeal, Andover Livery served out the suspension starting June 30. That same day, the Barnard Street building where Bellmore had an office was badly damaged by a fire. The building was later razed. The fire was blamed on ciga-

rettes left burning in the office, and McCabe said there was no connection to the suspension.

The company was cited again after similar violations in August and was given a 30-day suspension by selectmen. Bellmore responded by not renewing his livery license. He still offers a cab service in Andover but his company now operates out of Derry, where he lives, and is not subject to Andover's licensing rules.

Before the 30-day suspension

order was issued in January, McCabe asked for an opportunity to meet with Town Manager Buzz Stapczynski and Town Clerk Randy Hanson to negotiate changing livery license rules, which he said were being applied unfairly.

Hanson said last week she plans to ask selectmen to make small changes to deadlines outlined in the rules and to some details of livery inspections, but had never heard back from McCabe with any proposals.

BRIEFS

Fox named a Salem Five VP

Keon Fox has joined Salem Five Bank as vice president and sales manager of residential lending for Salem Five Mortgage Co., LLC.

With an established career in banking and finance, Fox has held a number of successful financial sales positions including senior loan officer for Chase Manhattan, financial consultant for Merrill Lynch of Boston, and senior mortgage banker for DeWolfe Mortgage in Lexington. A resident of Andover, Fox is a member of the Kiwanis Club of Greater Lawrence and the Massachusetts Mortgage Bankers Association.

Green: Education board leader

Wentworth professor and Andover resident Jack A. Green was recently named to the board of directors of the International Assembly for Collegiate Business Education, an accrediting agency for college business and management programs.

With his appointment to the IACBE, Green, academic head of the Humanities, Social Sciences, and Management Department at Wentworth, wants to promote progress at both institutions.

"I want to be an effective change agent for the betterment of collegiate business programs and utilize the contacts within the organization to continually contemporize Wentworth's management program," explained Green.

Green has been with Wentworth since Jan. 1, 2002 when he retired as senior vice president of Converse Inc.



Jack Green

ERA recognized

ERA Home & Family Real Estate in Andover, Groton and Tewksbury, has earned the national "Commitment to Excellence" award from ERA Franchise Systems Inc. The award was announced at the 2004 International Business Conference in Las Vegas, Nev.

The award recognizes ERA Real Estate affiliates that possess a commitment to meeting the needs of their customers, community, and the ERA brand, said a company release. To receive this honor, ERA companies must meet a variety of criteria, including consistent participation in and support of ERA Mortgage, ERA Select Services programs, and the Muscular Dystrophy Association — the franchise's national charity — to demonstrate excellence, ethics and values. Companies also are required to submit a written business plan and demonstrate profitability in an annual financial report. "Being recognized for our commitment to excellence is an honor and speaks very well of our entire team," said Johanna Webster, broker/owner.

Barber pole still spinning

A red, white and blue barber pole has been tacked to the far end of the Nathan Frye House on North Main Street solet people know that Colonial Barber Shop is still open just as it has been for nearly 40 years.

When Antonio DiNapoli bought the property, he began renovations. According to Sam Reitano, owner of Colonial Barber Shop, he moved his shop from the main building facing Wild Oats and brought it around the corner to the back building on the site. His new location had been renovated. Three years later, the rest of the back building is still under construction. Doors are boarded up. Windows are covered with plastic or paper. Tarps line the foundation. "I'm positive that I've lost business because of moving and construction," Reitano said.

"We want people to know we're still here, despite the construction and all the other tenants who have left," said barber Paul Medolo. "The shop's hiding in back."

Reitano said, even if his shop is harder to find for some people, he has no plans to retire and will cut hair in Andover "until I drop dead."

— Andrea Gregory

New dentist office goes high-tech

Rinaldi: Reality TV has people looking for smile makeover

By Ben Hellman

Ever see the inside of your mouth on a flat screen monitor? How about watch a DVD in 3-D on a headset while getting a one-hour whitening?

Dentist Steven Rinaldi is hoping such high-tech gadgetry — and a stress on mouth makeovers — will attract Andover clientele to his new dental practice, Andover Smiles, at 63 Park St.

Rinaldi opened his office this Monday, May 3, a year and a half after moving to Andover for its schools and town services. Rinaldi worked in a North Andover practice for two and a half years and shared a practice with his father in his native Rhode Island before that.

Rinaldi says reality television programs such as *Extreme Makeover* have turned on people to teeth whitening and straightening. The "smile makeover," once an industry term, is now being asked for by consumers. "It's amazing how many people are looking for those services," says Rinaldi.

Rinaldi is relying on hands-free technology to keep his costs down. By speaking into a headset, he can call up patients' records on the computer terminals installed near each dentist chair. He can also speak into a headset to add notes to the files.

Rinaldi says he is able to use his technology to show patients tooth decay that might not be causing them pain yet, but soon could, to convince them to take care of the problems.

His digital X-rays show up on



Danielle Lemay, patient coordinator, and Steven Rinaldi, dentist, are ready to greet residents at Andover Smiles, a new dentist office that opened Monday on Park Street.

the screen almost instantly and cut radiation by 90 percent, says Rinaldi. He also describes his sterilization process as state-of-the-art, as he uses stainless steel boxes to keep tools protected from germs. The tools then are cleaned by an ultrasonic cleaner and autoclave.

Rinaldi has one employee running the office, Danielle Lemay, one-time owner of Priority Male, the Main Street salon catering to men. Rinaldi got his hair cut at the salon before it closed, and says he was so impressed with Lemay's manner with customers, he asked her to work for him.

Rinaldi's wife, Erica, designed his office and, as an artist, helped Rinaldi find local art to mount on his walls.

The walls now sport artwork by Andover artist Frances McCormick. Rinaldi hopes to mount new artwork every three months.



Steven Rinaldi has a video game in his waiting room, to keep youth entertained when parents come in for appointments.

Organic map highlights three Andover spots

The Eastern Massachusetts edition of the "Organic Treasure Map" features more than 50 places residents can find healthy choices.

Maps can be found at Whole Foods, Wild Oats, Relax the Back, and through roughly 50 other participants. Corporate benefits managers may also request it for their employees at no charge.

The map features an Andover acupuncturist, naturopath and health food market.

While there are 30,000 maps circulating in the area, maps also can be found online, with a way for visitors to search for local natural alternatives, download coupons and even win a macrobiotic dinner cooked by the publisher, Newton native David Kagan.

Kagan has been marketing natural businesses in New England, and the map is a product he believes helps people learn about organic foods, eastern medicine, yoga and massage, and chemical-free household products.

Free course for CPAs at Andover Inn May 12

North Andover financial professionals Maureen Meehan and Kristin Nordahl, of the MNE Group, are the featured speakers at an upcoming continuing education course designed for CPAs to help their clients prepare for their children's education. The course will be held on Wednesday, May 12 from 8:30 to 10:30 a.m. at the Andover Inn, 4 Chapel Ave.

Topics will include the cost of college, use of custodial and retirement accounts, 529 plans, financial aid, tax laws and tax law changes. The course is classified as a basic program requiring no prerequisites and qualifies for two hours of continuing professional education credits.

For reservations or more information, contact Cindy Russell at the MNE Group at 978-689-7557 by May 10. Seating is limited so advance registration is recommended.

Meehan and Nordahl are licensed agents with Money Life Insurance Co.

Agent now senior specialist

Amy L. Sebell, a real estate agent with Prudential Howe and Doherty Realtors in Andover who has been in the business since 1982, recently was awarded the seniors real estate specialists professional designation by the Senior Advantage Real Estate Council in Murphys, Calif.

Seniors real estate specialists help seniors make decisions about selling the family home, buying rental property, managing the capital gains and estate tax implications of owning real estate, obtaining a reverse mortgage, moving to a senior community, and other issues. By earning the SRES designation, "Sebell has demonstrated that she has the requisite knowledge, experience and expertise to be a seniors real estate specialist," says a release.

The Senior Advantage Real Estate Council tracks the special issues and needs of senior property owners and provides education to real estate agents who make seniors a focus of their business. The SRES designation was introduced in 1997 and is nationally recognized.

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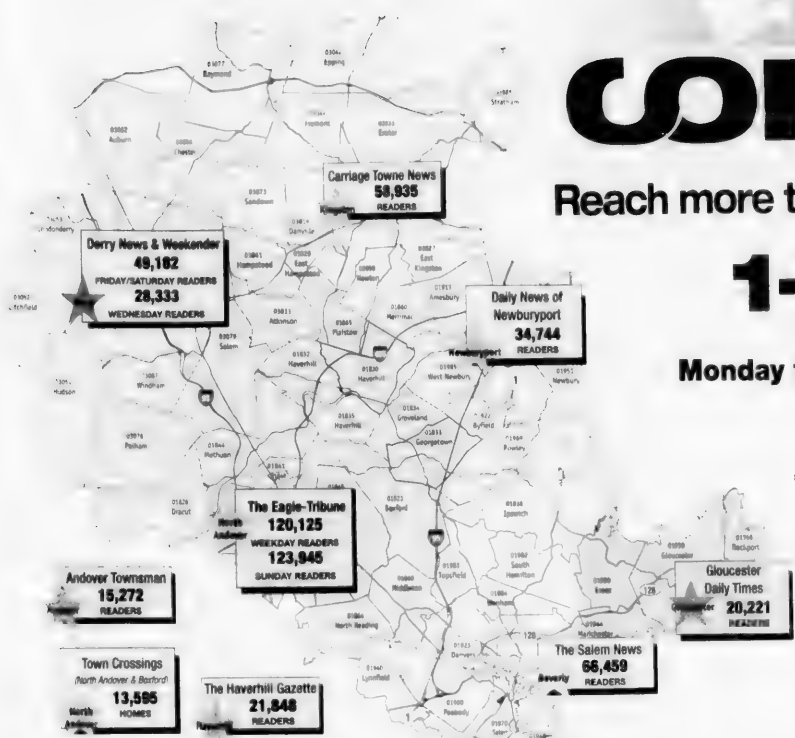


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LEGAL NOTICES

Commonwealth of Massachusetts The Trial Court Probate And Family Court Department ESSEX Division Docket No. 04P0927EP1

In the Estate of HELEN M. PIKE Late of ANDOVER in the County of ESSEX Date of Death March 9, 2004

NOTICE OF PETITION FOR PROBATE OF WILL

To all persons interested in the above captioned estate, a petition has been presented praying that the last will of said decedent be proved and allowed, and that JULIE E. PIKE of ANDOVER in the County of ESSEX be appointed executrix, named in the will to serve without surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT SALEM, ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON MAY 24, 2004.

In addition you must file a written affidavit of objections to the petition, stating the specific facts and grounds upon which the objection is based, within thirty (30) days after the return day (or such other time as the court, on motion with notice to the petitioner, may allow) in accordance with Probate Rule 16.

WITNESS, HON. JOHN C. STEVENS, III ESQUIRE, First Justice of said Court at SALEM this day, April 20, 2004.

Pamela Casey O'Brien Register of Probate Court May 6, 2004

Commonwealth of Massachusetts The Trial Court Probate And Family Court Department ESSEX Division Docket No. 04P0919EP1

In the Estate of ROBERT C. CORRY Late of ANDOVER in the County of ESSEX Date of Death February 7, 2004

NOTICE OF PETITION FOR PROBATE OF WILL

To all persons interested in the above captioned estate, a petition has been presented praying that the last will of said decedent be proved and allowed, and that ROBERT A. CORRY of Brimfield in the County of HAMPSHIRE be appointed executor, named in the will to serve without surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT SALEM, ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON MAY 24, 2004.

In addition you must file a written affidavit of objections to the petition, stating the specific facts and grounds upon which the objection is based, within thirty (30) days after the return day (or such other time as the court, on motion with notice to the petitioner, may allow) in accordance with Probate Rule 16.

WITNESS, HON. JOHN C. STEVENS, III ESQUIRE, First Justice of said Court at SALEM this day, April 20, 2004.

Pamela Casey O'Brien Register of Probate Court May 6, 2004

Commonwealth of Massachusetts The Trial Court Probate And Family Court Department ESSEX Division Docket No. 04P0929AD1

In the Estate of GEORGE WAYNE CARPENTER Late of Andover in the County of ESSEX Date of Death July 1, 2003

NOTICE OF PETITION FOR APPOINTMENT OF ADMINISTRATRIX

To all persons interested in the above captioned estate, a petition has been presented praying that CHANETTA GLASCOE of CAMDEN in the State of New Jersey be appointed administratrix of said estate to serve without surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT SALEM, ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON JUNE 1, 2004.

Witness, HON. JOHN C. STEVENS, III, Esquire, First Justice of said Court at SALEM this day, April 28, 2004.

Pamela Casey O'Brien Register of Probate May 6, 2004

Classified Ads 1-800-927-9200

Commonwealth of Massachusetts The Trial Court Probate And Family Court Department ESSEX Division Docket No. 04P1004AD1

In the Estate of NANCY E. FLETCHER AKA NANCY ELLEN FLETCHER Late of ANDOVER in the County of ESSEX Date of Death March 1, 2004

NOTICE OF PETITION FOR APPOINTMENT OF ADMINISTRATOR

To all persons interested in the above captioned estate, a petition has been presented praying that FREDRIC B. FLETCHER of BEDFORD in the County of MIDDLESEX be appointed administrator of said estate to serve without surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT SALEM, ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON JUNE 7, 2004.

WITNESS, HON. JOHN C. STEVENS, III ESQUIRE, First Justice of said Court at SALEM this day, April 30, 2004.

Pamela Casey O'Brien Register of Probate May 6, 2004

Commonwealth of Massachusetts The Trial Court Probate And Family Court Department ESSEX Division Docket No. 04P1005AD1

In the Estate of LEO J. GLYNN Late of ANDOVER in the County of ESSEX Date of Death March 16, 2004

NOTICE OF PETITION FOR APPOINTMENT OF ADMINISTRATOR

To all persons interested in the above captioned estate, a petition has been presented praying that SALLY E. HARRIS of GRAYSON in the State of Georgia or some other suitable person be appointed administratrix of said estate to serve with personal surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT SALEM, ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON MAY 24, 2004.

WITNESS, HON. JOHN C. STEVENS, III ESQUIRE, First Justice of said Court at SALEM this day, April 22, 2004.

Pamela Casey O'Brien Register of Probate May 6, 2004

TOWN OF ANDOVER MASSACHUSETTS ADVERTISEMENT REQUEST FOR PROPOSALS

Sealed proposals for furnishing the following will be received at the Office of Central Purchasing, Andover Town Offices, 36 Bartlet Street, Andover, Massachusetts 01810 until the time specified below at which time the proposals will be opened. The time received will be stamped on each proposal and for a consistency of time, the wall clock in the Purchasing Office will be the determining time.

ITEM
Proposal No. RFP006/05-04/200
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Specifications and Proposal forms may be obtained at the Office of Central Purchasing, Andover Town Offices, 36 Bartlet Street, Andover, MA 01810.

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Fax: 978-682-1235
E-mail: info@andoverma.gov

TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing will be held on Tuesday, May 25, 2004 at 8:00 a.m. in the Third Floor Conference Room, Town Office Building, Bartlet Street, Andover, Massachusetts. The hearing is being held to consider a Site Plan Review for a proposed 8,131 square foot office and retail building on property located at 19 Barnard Street and more specifically identified as Parcel 28 on Assessor's Map 39. The application and associated documents may be examined in the Planning Department between the hours of 8:00 a.m. and 4:00 p.m., Monday through Friday.

ANDOVER PLANNING BOARD
Paul Salafia, Chairman
April 29 & May 6, 2004

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department ESSEX Division Docket No. 92P0537C1

NOTICE OF CONSERVATOR'S ACCOUNT

To all persons interested in the above captioned estate, a petition has been presented praying that the last will of said decedent be proved and allowed, and that JULIE E. PIKE of ANDOVER in the County of ESSEX be appointed executrix, named in the will to serve without surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT SALEM, ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON MAY 24, 2004.

Witness, HON. JOHN C. STEVENS, III, Esquire, First Justice of said Court at SALEM this day, April 22, 2004.

Pamela Casey O'Brien Register of Probate May 6, 2004

TOWN OF ANDOVER PUBLIC HEARING

Notice is hereby given under Chapter 138 of the General Laws, as amended, that Wild Oats of Massachusetts, Inc. d/b/a Wild Oats Market, 40 Railroad Street, Andover, MA has applied for a Package Store Wine and Mail Beverage License at 40 Railroad Street, Robert Quinn, 14 Everett St., Taunton, MA has been designated as the manager of record.

The public hearing will be held on May 17, 2004 in the Third Floor Conference Room at Andover Town Offices, 36 Bartlet Street, Andover, Massachusetts at 7:30 p.m. in accordance with General Laws relating thereto.

By Order of the Board of Selectmen,
Randall L. Hanson
Town Clerk
May 6, 2004

TOWN OF ANDOVER PLANNING BOARD

Notice is hereby given that a public hearing will be convened on Tuesday, May 25, 2004, at 8:30 p.m. in the Third Floor Conference Room, Town Office Building, Bartlet Street, in the application of Brickstone Properties, Inc. for modification of a special permit (SP97-17) issued by the Board in August 1997, said permit providing for the

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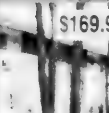
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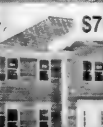
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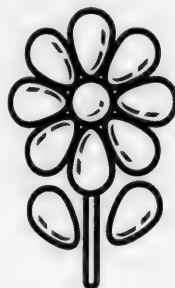
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HEALTHY LIVING

May 6, 2004



Beyond
low-carb
diets

Andover Townsman

2A Health author says many people are eating the wrong foods

By Alan Chitoff

Beer. Tortillas. Pizza. Brownies. Bread. Ice cream. These are just a few of the products with new low-carb versions that Americans are gobbling up each day. But, according to Dr. Udo Erasmus, developer of the "Right Fat Carb-Conscious Diet," the new, "healthier" versions of these foods might not be better for us, after all.

Erasmus, who spoke at Wild Oats grocery store in Andover on Monday, May 3, says fans of low-carb food alternatives might be shocked to discover some low-carb ice creams, for instance, are sweetened with corn syrup as well as artificial sweeteners.

"Corn syrup is a fattening carbohydrate and no different than what you'll find in other

junk foods. And there's a reason one misrepresented sweetener's motto is 'made from sugar so it tastes like sugar' — that's because it does contain sugar with another name — dextrose," he says.

Many low-carb foods also contain what Erasmus terms, "the wide-ranging chemical garbage the food manufactures feed you in place of whole, natural foods that can actually keep you healthy."

Instead of low-carb breads, bagels and similar products, Erasmus says people would be better off wrapping food in lettuce. "Many low-carb baked goods are expensive, taste inedible and will still make you fat if you eat too much of them," he says.

Erasmus defines "too much" as eating more than one's body burns, and how much a person burns depends on each person's level of physical activity. Some low-carb baked goods also contain "trans" fats, which research shows can increase health problems, ranging from heart disease to decreased testosterone to elevated cholesterol.

Erasmus says fancy new jargon often hides the truth about low-carb products. After all, how many people understand the meaning of "net carbs," "effective carbs" and "impact carbs"? Many manufacturers use these terms to understate the fat-producing content of their products, he adds.

Since the Food and Drug Administration has not created a

legal definition of low-carb, "this means any food, even white bread and pure sugar, could be labeled as low carb," he warns.

"The truth about carbs is simple. Either you burn them or you're going to wear them. Excess carbs are nothing but undeclared body fat. Because these carbs turn on fat production and turn off fat burning, you could become obese on a diet of so-called 'low-carb' foods," if you don't exercise, he says.

Many Americans who live busy lives become dependent on fast and, supposedly, healthy alternatives, such as low-fat bars that claim to supply people with nutritional benefits, without unnecessary calories. But Erasmus says, eater beware.

"You can be on the go and still eat healthy," he says. "But you got to then know what you're doing. Most of the 'on the go' foods were not made with health in mind. They were made with, primarily, the convenience and profit of the manufacturer (in mind)."

Erasmus says the food industry reacts to trends, even though the trends fail to consider the latest research concerning health and nutrition. "We had a low-fat trend, and we were told to eat less fat and more carbs. Both bad advice! We should be eating less 'bad' fats, but more 'good' fats. We should have been told that carbs are not the most important food, but the least important. There are no essen-

Continued on page 3A

Kids should give eyes a break

(MS) — Children's eyes work hard in today's day and age. As technology continues to usher in new video-game systems, computers and high-definition televisions, kids' eyes are forced to keep up with the demand.

Myopia, commonly known as nearsightedness, is often exacerbated by performing long hours of close work, whether it is reading, watching television or working on the computer. The result can be the inability to focus on items that are further away, headaches, and eyestrain. While experts are still unsure how to prevent the disorder, there are ways to prevent it from worsening. Encourage your children to follow these healthy habits.

Take breaks. After 30 to 40

minutes of close work, children should focus on something far away for three to five minutes.

Hold books and handheld video games at a distance. Work should be kept at least 10 inches from the eyes.

Ensure adequate lighting. Lighting in the room should be arranged so excessive glare does not shine directly onto their face, books or computer screen.

Keep monitors at a distance. Place the computer monitor about 20 inches from the eyes. Adjust the monitor to reduce glare, or use an anti-glare screen that fits over the monitor.

TV should be far away. Make sure children sit at least six feet from the screen while watching television or playing video games.

Comments from Dr. Udo Erasmus, nutritionist

General tips for a healthy diet

Get Omega 3 — They do so many good things, if you get enough. A table spoon for every 50 pounds of body weight, from a source that is made right, can increase energy and stamina from 40 to 60 percent. We're talking about staying power. That's the biggest. **Eat your veggies** — Whether you love them or hate them, greens are the best food on the planet. They don't need us, but we are completely dependent on them. So, we should have a humble relationship with them.

Burn carbs — Never eat more carbs than your body burns. And that depends on your level

of physical activity. If you're overweight, you're wearing carbs. We have a slogan for carbs: "Either you burn them or you wear them."

4 RELIABLE SOURCES OF OMEGA 3 FATS

1. Greens — Green vegetables have a little bit, but I figured out that I would have to eat 123 pounds a day of green vegetables (to get enough Omega 3 fats), to get the 4 tablespoons that is my optimum. So, I tell people they should eat greens till they're coming out of their ears.
2. Seeds and nuts — But, the

only seed that is really rich in Omega 3 is flax. But that one will make you Omega 6 deficient if you don't pay attention. So, you need to mix and match your seeds.

3. Fatty fish — High fat, cold water fish, such as salmon, mackerel, sardines, herring and white Albacore tuna.

Those have Omega 3 derivatives, but along with those (Omega 3) you get PCBs and dioxins. Those are very toxic at very low levels. That hasn't hit the news yet.

4. Certain oils — Oils that are made with health, rather the shelf-life, in mind. One can find those in a brown bottle in a box in a refrigerator in health food stores.

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Health author says low-carb alternatives might be harmful

3A

HEALTHY EATING

Continued from page 2A

tial carbohydrates," he says.

The message consumers receive from many health and nutrition authorities is that carbohydrates are good for us, because they provide a vital source of energy.

"Well, they do," Erasmus says, "but they are not essential. The body can make them or you can get energy from other sources. You can get energy from fat. You can get energy from protein. You can even get energy from alcohol, although that's not exactly the one we recommend. That's why carbs are the least important food. We should have been told never to eat more (carbs) than we burn. Because, if you don't burn them, you're going to wear them. They turn on the genes for fat production; they turn off the genes for fat burning."

Erasmus points to trends in the population, such as the startling trend during the past 20 years toward people becoming overweight or obese in America. He says the people fitting these categories has jumped from 25 percent to 65 percent of the population — and this trend was the result of people lowering the fats they eat and increasing their carbs.

"Now, of course, it's swung the other way. Now the craze is low-carb. But it doesn't make any more sense. Low-carb opens the door for every junk on the planet," he says.

It's reasonable to wonder how so many people can be so misguided.

"Because we're not being told what to eat. We're being told what to avoid. What we ought to be told is the base of the food pyramid should be green foods. You can't get fat on green foods. They're the most nutritious food on the planet — even our steaks are made out of them. Well, cows are made out of grass, so you could say that the grass manufactures the cows. There's enough protein in grass to make the steak in cows," he explains.

Erasmus says eating a steak is healthier than eating a low-carb chocolate bar, for instance. According to him, low-carb chocolate bars, which have gained popularity as a healthy alternative for many active, busy people in our society, have many adverse effects on human health.

"It's actually still full of carbohydrates, as well as sugar alcohols such as sorbitol, mannitol and maltitol," he says. "Not only have I seen people gain weight from these bars, but they have a laxative effect that can cause cramps, bloating, gas and diarrhea. Why not just throw the bar directly in the toilet and save it the trip through your body?" he says.

So, what constitutes a healthy diet?

Erasmus says it is easy to choose a healthy, low-carb diet. (See additional information on page 2A.) "Stick with natural, unprocessed foods such as

greens, proteins, nuts, and organic, unrefined seed oil blends that give you the right fats you need while decreasing your carb cravings," he says.

Greens, good fats and proteins are the basis of a healthy diet. By tailoring carb intake to the level of one's physical activity, one will not only solve weight problems, but enjoy lifelong health, he says.

"The first thing to include in a healthy diet is the green foods, the low-starch vegetables," Erasmus says. "Then, No. 2 and 3 are 'good' fats and protein, because those two have essential nutrients that the body can't make by itself, but has to have."

What are good fats?

"Essential fatty acids. Omega 3 fats. Probably 95 to 99 percent of the population is affected by not getting enough of Omega 3 fats. And the research says that when you increase Omega 3, you improve virtually every major degenerative condition that we're talking about," he says.

But Omega 3 fats are not so easy to acquire, according to Erasmus. Plus, in some cases, Omega 6 fats are necessary to offset the effects of Omega 3 fats. Sunflower and sesame seeds are a good source of Omega 6, and, according to him, one can mix and match the seeds.

Udo Erasmus is the author of the popular health book, *Fats That Heal, Fats That Kill*.



Dr. Udo Erasmus appeared at Wild Oats grocery store on Monday, May 3, and spoke about foods to eat to stay healthy.

Cover Photo by Tim Jean

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As another Boston Marathon came and went, I thought to myself how much I miss running the race. It had been five years since I last ran in the marathon and I missed it dearly. After running five marathons in four years, I had to back off because I started to have some knee pain. After taking some time off from running the pain eased a bit, but over time I developed severe pain in the left side of my rib cage. At times, after I ran as little as three miles, I would double over in pain. Over time, everyday things such as rolling over in bed, raking leaves, and getting up off the couch became very painful. As a

result, my running had decreased to just a few miles a week. Finally, after advice from my wife, I decided to go to Dr. Condon at the Andover Spine Center and see what he had to offer.

During my first visit to Dr. Condon, he took X-rays and we talked about my goals of running the marathon once again. The X-rays showed my spine had scoliosis and my head was tilted forward. After that Dr. Condon drew out a plan consisting of adjustments, deep muscle work and most importantly traction. This type of treatment required 3 visits per week, which to me was minimal considering the pain I was in.

So in June of 2003, I started my treatment at the Andover Spine Center. I went consistent-

ly 3 times a week all summer with good results. But the big thing was I was back running 4 to 5 times a week. As the summer came and went my running increased. I was running 20 miles a week without much pain. I literally felt 10 years younger. My walk was straighter and I had an extra bounce in my step that I had been missing for years. As my treatment continued and the pain lessened, I started to set my sights on next April 2004 and the Boston Marathon. I knew I had until January before the training started so I had time to give it some thought.

Finally, the time had come and I made the decision to start training for the 2004 Boston Marathon. At first, the training was tough on my body and

mind. At times, I experienced pain, but it would always go away. My chiropractic treatments were going great. Dr. Condon was getting good adjustments and I had full extension with traction. Each week, I would increase my training, and each time my body adapted to the extra work load. As the big day approached, Dr. Condon made sure that I was in the best shape possible. He offered to see me the afternoon before the race if I felt I needed an adjustment. When the big day finally came, all the nagging pain I had come accustomed to was no longer with me. I knew I would have a good race.

As I finished the race, it wasn't the extreme heat that was the big story; it was that although I had just run 26.2 miles, my back



Dr. Condon (left) with his patient, Rick Smith (right).

and rib cage was virtually pain free. No one is truly pain free after a marathon but I felt great. Even if I didn't break any personal records that day, I will be forever grateful for the work of Dr. Condon and his staff at the Andover Spine Center for giving me my health back.

Thank you so very much,
Rick Smith

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"I started chiropractic at Andover Spine Center due to chronic hip-flexor injuries. Dr. Condon diagnosed the cause as abnormal posture and the results have been phenomenal. Prior to beginning care at ASC my hurdle time in track was just good enough to make varsity. But now, having corrected my spine and posture, I am the fastest sophomore hurdler in the state."



Adam Cuomo

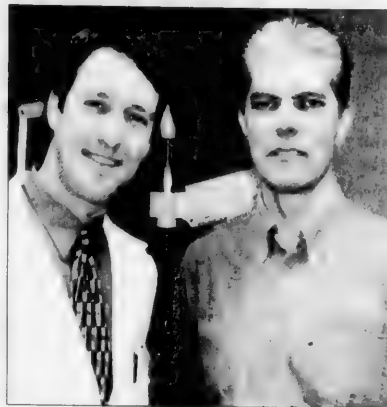
"My experience with chiropractic care at Andover Spine Center has been remarkable. As a gymnast, the back pain I was having was diminishing my performance. After trying massage, whirlpool and medication without any relief, Dr. Condon diagnosed the problem and after one adjustment my pain was gone. The next day I was able to place 1st overall in my competition."

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Frank Duclos had been legally blind since childhood, without glasses, due to severe astigmatism and nearsightedness, and had followed the progress in laser eye correction with great interest over the years. Finally, with all branches of the armed forces performing more than 20,000 procedures a year, and the surgeon, Major Steven Stetson, MD, who had treated the top Air Force generals, practicing in Stoneham, the time was right. Sgt. Duclos states, "the surgery was quick and painless, and immediately afterward, I could see better than I had before; but the next morning my vision was 20/15 in both eyes, better than I've ever seen in my life. I knew there was no guarantee of results, but I can't help but feel that Dr. Stetson's experience and expertise as an eye surgeon had a lot to do with my results. I feel that saying 'thank you' is such a small expression of appreciation to someone whose talent created



Frank Duclos (right) with Dr. Steven Stetson (left) of Horsley Eye Clinic in Stoneham.

such a large quality of life change for me, but thank you so much, Dr. Stetson."

Patient's letter

On February 20, you performed lasik laser eye surgery on both my eyes. I was nearsighted with an astigmatism in both eyes. After a full evaluation you felt I was a good candidate and was confident you could improve my vision. On the morning of my surgery I was professionally cared for and you quickly and painlessly performed my eye surgery. Immediately following the surgery my vision was better than wearing my glasses and that evening I was seeing much clearer than I can ever remember seeing in my life. The following morning you checked my eyes and tested my eyesight revealing 20/15 vision in both eyes. I knew there was no guarantee with result, howev-

er I can't help but feel that your experience and expertise as an eye surgeon has a lot to do with my results. I feel that saying thank you is such a small expression of appreciation to someone whose talent created such a large quality of life change for me, but thank you so much. I would strongly recommend that anyone who is considering this type of procedure come to you for an evaluation. If they find themselves to be a good candidate they should proceed without hesitation and be confident in your ability to help them see clearer than ever. Thanks again for helping me see the world so well.

Sincerely yours,
Frank Duclos

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DENTAL CARE CHECKLIST

The American Academy of Pediatric Dentistry has put together a checklist on dental care for infants and toddlers.

Birth to 6 months

Clean mouth with gauze after feedings and at bedtime.

Ask the pediatrician or pediatric dentist about fluoride supplements.

Regulate feeding habits.

6 to 12 months

First tooth should appear - time to see the pediatric dentist for an exam.

Begin to brush teeth after each feeding and at bedtime with small, soft-bristled brush.

Baby begins to walk - be alert for dental injuries.

12 to 24 months

Follow schedule of exams and cleanings recommended by pediatric dentist.

Start using pea-sized portions of fluoridated toothpaste when child is able to rinse.

Most primary teeth have erupted.

Safe driving tips for seniors



COURTESY PHOTO

Seniors need to be sure to play it safe on the roadways.

(MS) - Driving gives any license holder a sense of freedom and independence. But, once one hits the "senior years," one might have to forgo that independence if it infringes on the safety of others.

According to the American Association of Retired Persons (AARP), physical changes that happen to older people, such as loss of vision, hearing and physical strength, can go unnoticed

until a driving emergency arises. About 20 percent of people 55 and older have impaired hearing, and about 30 percent of people 65 and older are hearing impaired. These are senses that can greatly affect driving ability.

Recognize vision difficulties before they become a problem. The National Highway Traffic Safety Administration says symptoms include: difficulty

Continued on page 9A



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AFCC is sponsoring several membership promotions now through June 15. Summer special memberships are available for new members – 3 months for \$99. Student summer special, June, July and August – 3 months for \$75. In addition,

annual memberships are 13 months for the price of 12 – one month free! **Exclusive Promotional Offer:** New members who join between May 15 and June 15 are eligible to participate in our Red Sox Fever Drawing: New members who sign up for one year will have the opportunity to win an all-expense paid weekend trip for two to New York City and attend a Red Sox/Yankees baseball game in September.

On Saturday, May 8, 8 a.m. to noon, AFCC is hosting a Wellness Fair where two BodyFlow classes will be featured at 8 a.m. and 10:15 a.m. Highlights include body massages, acupuncture, skin care and cosmetic consultations,

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What is the allure behind the smoothie?

(MS) – From the local health-food store to the ice-cream shop down the street, smoothies remain popular nutritious drinks. This year, why not try making one's own? If one has not tried it, do not worry. A person can alter recipes to suit one's taste buds and dietary needs. And, if one does not like or cannot tolerate dairy, one can seek substitutes like dairy-free ice cream. If one dislikes certain fruits, such as strawberries, substitute another berry or fruit.

It's hard for kids to resist the delights of a smoothie, which makes it easy for parents to "trick" their kids into getting their vitamins. Drinks made of fruit and yogurt, rather than ice cream, will be the healthiest. Remember that children need fat in their diets for energy, so maintain the full-fat additives for children, but replace them with lower-fat alternatives for adults and older children. Also, use flavored syrups in milk shakes sparingly, as they are high in sugar.

With so many smoothie recipes, one might be overwhelmed about which ones to choose. For the best taste and nutrition, select a recipe that uses fruit in season. The fruit should be ripe and soft enough to blend to a smooth texture. It can be slightly overripe, but avoid one that has passed its prime. As for peeling, it comes down to personal preference. One will peel fruits like bananas or oranges out of habit, but it is a personal choice to peel the skin

of fruits like peaches or plums (though they have a tendency to make the drink less smooth). Try using frozen fruit; it makes for a frostier drink and will enable one to use fruits out of season. To freeze fruits, place them in a plastic freezer bag, removing as much air as possible. Seal, label, and date the bag (frozen fruit keeps for two to three months). When the fruit thaws, its texture will be soft and mushy, making it suitable to use in one's smoothie.

Shake things up with the "Restorative Smoothie" recipe from "Smoothies" (Periplus), by Tracy Rutherford. (See recipe for restorative smoothie below right.) This recipe features the flesh from avocados. Avocados are fruits, though many think of them as vegetables because they are often used in savory dishes. Their skin can be shiny dark green and smooth, or purple-black and rough, depending on the variety. All have a soft, creamy green flesh around a large round pit. Avocados are perishable and should be consumed as soon as they are ripe, which is when they yield to gentle pressure. The recipe calls for using only the flesh of half of an avocado. To get to the fleshy part, cut through the avocado lengthwise and all the way around the pit. Gently twist the halves in opposite directions, then pull apart. The pit will remain in one half. Sharply strike the pit with the blade of a knife, then twist the knife to lift out the pit.



COURTESY PHOTO

Fruit smoothies are an excellent source of nutrition.

RESTORATIVE SMOOTHIE

Makes about 1½ cups
Serves 1

The thickness of this smoothie will bring one benefits if one is trying to gain weight or increase strength after a prolonged period of illness. Avocados are high in fat, but they provide monounsaturated fat which helps guard against heart disease, are a good source of potassium and beta-carotene and have no cholesterol. The Brazil nuts are a good source of selenium, an essential trace mineral that promotes normal growth and hormone production.

1½ cups milk
½ cup plain (natural) yogurt
1 small banana, peeled and chopped
½ small avocado, flesh only
5 Brazil nuts
2 teaspoons honey
½ teaspoon finely grated lemon zest

Place all ingredients in a blender and process until smooth and frothy, or until desired texture is achieved.

Best when served chilled.

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May is 'bike to work' month for many in local community

May is Bike to Work Month. To promote biking as a healthy commuting alternative, the Merrimack Valley Transportation Management Association (TMA) and participating member companies will sponsor Bike to Work days throughout the month of May.

Approximately 100 employees are expected to bike to work on the date selected by their company. For a complete list of participating companies, and to view the entire Bike to Work calendar, one can visit

www.merrimackvalleytman.com/calendar.htm. Upon arrival at work, participants will be greeted by the TMA and company staff who will check them in and distribute bike packs (which include a water bottle, bike info, and a T-shirt). Breakfast or breakfast coupons will also be provided.

New this year is the "Bike to Work buddy" – volunteers who help a friend or co-worker participate by bringing their briefcase or lunch to work, or by dropping off children at daycare.

In the case of employees whose commutes are especially far, a buddy may transport a participant and his/her bike to a convenient location where they can then safely continue their commute to work by bike.

Employees who participate in Bike to Work are entered into a raffle for great prizes including: bike helmets, locks, tune-ups, gift certificates, bike racks, and a grand prize of a long weekend bike tour, courtesy of Staybridge Suites, Andover. Bike to Work buddies are

entered into a separate raffle, as a thank you for their support of Bike to Work events.

This year's Bike to Work celebration (for participants and buddies) is a barbecue on June 10 from noon to 1:30 p.m. at the

Staybridge Suites Hotel, 4 Technology Drive, Andover. Andover Board of Selectmen Chairman and Philips employee Brian Major, who will bike to work on May 18, will welcome guests on June 10.

Senior driving tips

■ SAFE DRIVING

Continued from page 6A

reading highway or street signs or recognizing a person across the street; trouble seeing lane lines, pavement markings, curbs, pedestrians or vehicles at dawn, dusk or night; or sensitivity to oncoming headlights.

Here are other driving tips to help one stay safe on the road:

Think ahead. Be sure the trip is mapped out in advance so one does not get lost. Try not to drive in heavy traffic areas during rush hour or bad weather.

Maintain focus. Keep the radio's volume low or turn it off. Minimize chats with passengers and avoid daydreaming.

Keep the car tidy. Clean the inside and outside of the windshield and windows as well as the mirrors. Keep wiper blades clean and replace them when they start to wear, streak or smear the windshield.

Be cautious. Use day/night settings on the rearview mirror to cut down on headlight glare. Use mirrors to see what is around the car when attempting to park, change lanes or move in reverse. Turn on the lights in rain, poor weather conditions, a half hour before sunset and until a half hour after sunrise.

Stay on top of mental and physical health. Get annual eye exams to ensure one has the right eyeglasses prescription. Take a driver refresher course to keep on top of one's driving skills.

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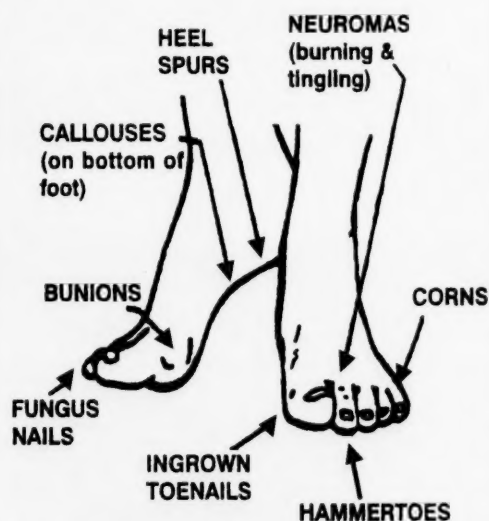
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Picking produce: How to shop like a pro

(MS) - One is in the produce section of the supermarket or at the local produce stand, feeling the melons and analyzing the tomatoes, but not really sure what to look for.

The first sign to look for: freshness. Fruits and vegetables should be bright in color and in season. If they look decayed, do not buy them. One also should not buy more vegetables than is

needed. Otherwise, they will not be fresh by the time they are ready to be eaten.

Luckily, the United States Department of Agriculture has created grades to go by for most vegetables and fruits. Although one will not always see them in the store, they are used among growers, shippers and retailers. All grades are healthy, but differ in appearance and quality. For

veggies, U.S. No. 1 is the most common grade. These vegetables are tender, look fresh, have good color and lack bruises or decay. U.S. Fancy vegetables, another grade, are more uniform in shape and have fewer defects than U.S. No. 1 veggies. U.S. No. 2 and U.S. No. 3 have lower quality requirements. For fruits, U.S. No. 1 indicates good quality and is the most common grade. As in vegetables, U.S. No. 2 and U.S. No. 3 have lower quality standards. U.S. Fancy fruits are premium quality and few fruits earn this grade.

These USDA guidelines are helpful in choosing specific vegetables and fruits. Remember that each individual vegetable and fruit has its own characteristics, and, over time, one will be able to distinguish between them all and earn the title of an experienced produce shopper.

VEGETABLE SHOPPING GUIDE

Artichokes: Look for plump artichokes with thick, green and fresh-looking scales. Avoid artichokes with grayish-black discoloration and mold or brown areas on the scales.

Broccoli: Look for a firm, compact cluster of small flower buds which are not opened enough to show the bright-yellow flower. Bud clusters should be dark green, sage green or have a purple tint. Avoid broccoli with spread bud clusters, enlarged or open buds, yellowish-green color or that look wilted.

Carrots: Look for carrots which are well formed, smooth, firm and well colored. Avoid ones with wilting roots or that show signs of rotting.

Cauliflower: Look for cauliflower that is white to creamy-white, compact, sold and with clean curds. Curds should not appear spread.

Celery: Look for ones that are fresh and crisp. Stalks should feel solid and rigid and leaves should look fresh and only slightly wilted. Avoid ones with wilted leaves or flabby upper branches. Branches should not show black, brown or grey discoloration.

Corn: Look for corn with fresh husks, silk ends that are not decayed and stem ends (opposite from the silk) that are not discolored or dead. Ear should be well-covered with plump and not-too-mature kernels.

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Continued on page 11A

Pick produce like a pro in the marketplace

■ SHOP LIKE A PRO

Continued from page 10A

Cucumbers: Look for cucumbers that are firm all over and well developed and not too large in diameter. Avoid ones that are yellowish and large in diameter.

Lettuce: Look for fresh lettuce with good, bright color. Avoid heads with irregular shapes and hard bumps on the tops.

Mushrooms: Button mushrooms should be small to medium in size. Caps should be closed around the stem or open slightly with pink or tan gills. Caps should be white or creamy.

Onions: Look for hard or firm onions without blemishes. Necks should be dry and small. Avoid onions with wet or soft necks or with fresh sprouts.

Peppers: Peppers should have a deep color, glossy sheen, heavy weight and firm walls or sides.

Potatoes: General purpose and baking potatoes should be smooth, firm and free from blemishes, sunburn and decay. Avoid potatoes with large cuts, bruises, decay, sprouts, shrivels or that are green.

Tomatoes: Tomatoes should be smooth, ripe and free of blemishes. Avoid ones that are soft, overripe, bruised, moldy or have water-soaked spots.

FRUIT SHOPPING GUIDE

Apples: Look for firm, crisp, well-colored apples. Avoid apples with bruises or irregularly shaped tan or brown areas.

Bananas: Look for bananas which are firm, bright and without bruises. Avoid ones that have discolored skins or a dull, grayish, aged appearance.

Blueberries: Look for plump, firm, dry, uniformly sized blueberries that are dark-blue colored with a silvery waxy coating. Avoid ones that are soft, mushy or leaking.

Cantaloupe: Look for melons without a stem and with thick, coarse and corky netting (or veining). Avoid ones with large bruises or mold.

Cherries: The most succulent cherries will have bright, glossy, plump surfaces and fresh stems. Avoid cherries that look shriveled, are dull in color, moldy or have brown discoloration.

Grapefruit: Look for firm fruits, heavy for their size. It is OK if the skin has scales or discoloration. Avoid ones with

dull color and water-soaked areas, and a soft, tender peel that breaks easily with the slightest finger pressure.

Grapes: Look for well-colored plump grapes that are firmly attached to the stem. Avoid grapes that are soft, wrinkled or leaking or have bleached areas around the stems.

Honeydew: Look for melons that are soft and velvety in texture. Avoid ones with large, water-soaked, bruised areas.

Lemons: Look for firm and heavy lemons with a rich, yellow color and a smooth-textured skin with a slight gloss. Avoid ones that have a dark yellow color, hard or shriveled skin, soft

spots, mold or punctured skin.

Oranges: Oranges should be firm and heavy with a fresh, smooth, bright skin. Avoid ones that have a rough, dull skin and that are lightweight and look discolored.

Pears: Look for hard pears. Avoid ones that are wilted or shriveled with dull skin or spots. Pears will ripen and soften at home.

Pineapples: Look for ones with bright color and a fresh aroma. Avoid ones that look dried or have a dull yellow skin.

Strawberries: Look for berries with a full red color, bright luster, and firm flesh, and stems still attached. Avoid

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12A Find reliable health information on the Web

(MS) – Ever try looking up health or medical information online? It is not always an easy prospect. Many Internet sites provide accurate and up-to-date research. However, many more offer information that is not only incorrect, but possibly even dangerous. With so much health information available online, it is difficult to know which sources are trustworthy.

"The Internet has become one of the most widely-used communication media. With the availability of Web server software, anyone can set up a Web site and publish any kind of data, which is then accessible to

all," reads the introduction to the Health on the Net Foundation Code of Conduct. "The problem is, therefore, no longer finding information but assessing the credibility of the publisher, as well as the relevance and accuracy of a document retrieved from the Net." The foundation is an international not-for-profit organization dedicated to guiding patients and medical practitioners to useful and reliable online medical information.

Ask oneself the following questions when judging medical or dental-related Web sites:

How often is the site updated? Due in part to advances in

research and technology, health-related information is always changing. A quality site will clearly state when the information on it was last updated. Sites that are updated often are likely to have more current information.

Who pays for the site?

Some Web sites are for educational purposes only, while others are designed to promote or sell a product or point of view. Reliable sites will tell you who owns or sponsors them, usually on the home page or in an "about us" section. This will help you understand their purpose, or agenda, if any.

Is there a disclaimer? If the information is accurate, it will be listed with a disclaimer advising visitors to check with their health-care professional to confirm any information about their particular situation.

Motion sickness: what to do to prevent it?

(MS) – Motion sickness affects many, from children to adults, and even animals. When the motion-sensing parts of the body, the inner ears, the eyes and nerves in the ankles, knees and joints, receive conflicting information, one can suffer from motion sickness. For example, if one watches rapid movements on television, eyes sense the movement but the inner ear and joints do not. The brain receives these mixed messages and responds by making one sick. Children are often prone to motion sickness because they sit lower in a car, which prevents them from processing the movement outside. Their inner ears sense the motion, but their eyes and joints do not.

Motion sickness occurs in cars, on boats, during amusement-park rides, and even while watching television. Recognizing triggers is the first step in its

treatment and prevention. The condition is often hereditary, so if one suffers from it, one's children likely will as well. Often, the condition will fade as a child grows older, but many adults deal with the discomfort, too.

Motion sickness begins with a vague feeling of stomach upset (queasiness), a cold sweat, fatigue and loss of appetite. Vomiting usually follows soon afterward. Very young children will be unable to articulate their nausea, so if there are signs of paleness, restlessness, yawning and crying, there is a good chance that motion sickness is the culprit.

There are ways to prevent motion sickness, or at least limit its occurrences, especially during car rides where most cases of motion sickness occur:

- Plan the route along major highways, rather than bumpy, winding roads or city streets where there will be stop-and-go traffic.

- If taking a long car trip, stop frequently. Learn to recognize how often motion sickness occurs. That way, one can stop before it happens.

- Eat a light snack before the trip to keep hunger pangs at bay. Hunger exaggerates the symptoms.

- Plan activities to provide a distraction from the traveling. Sing songs or listen to the radio.

- Encourage passengers to look at things outside the car, to help balance the reception of motion messages their bodies receive.

- Keep the inside temperature of the car comfortable. Heat may trigger a motion-sickness reaction. Turn up the air conditioning, and carry cool water, spray bottles or wet rags to keep symptoms at bay.

- Wear acupuncture wristbands or copper bracelets, which can help manage motion sickness.

Sometimes, medication may be the only treatment. Consult a doctor before trying anything, especially when young children are involved. Be aware that some medications cause drowsiness. Scheduling drive time around nap time will make the trip easier. There will still be times when motion sickness rears its evil head, even after precautionary measures have been taken. Be prepared for these messy situations by packing plastic bags, or a bucket. Also bring along rolls of paper towels, water and premoistened towelettes to clean up.

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